

Threads of Wisdom

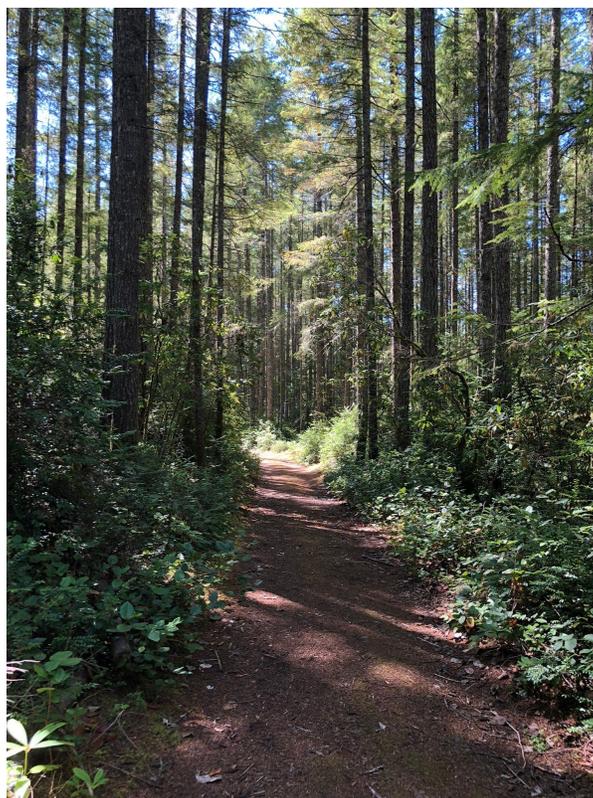


A collection of quotes from
200 Hour True Nature School of Yoga Graduates

“It is the quiet voice of our Spirit guiding us toward the light. That intuitive Wisdom is always to be trusted, as it springs from gratitude of knowing.” ¹

“However clever we are, we can only keep the mind quiet for a little while. Therefore, our aim is not to keep the mind peaceful but to rise above the mind and realize the ever peaceful self.” ²

“The revelation that no amount of practice can offer us any immunity from bad things happening forces us into the corner of radical self-acceptance and radical surrender. If through our practice and life experience we can empirically conclude that faith in the finite things of life is exceedingly fragile, we are then left to find faith in the mystery of everything that is infinite, enduring, and paradoxically unknowable. When we come to this point in our practice, we realize that everything we have been building is nothing more than a house in the sky.” ³



“Remember, Yoga practice is like an obstacle race; many obstructions are purposely put on the way for us to pass through. They are there to make us understand and express our own capacities. We all have that strength, but we don’t seem to know it. We seem to need to be challenged and tested in order to understand our own capacities. In fact, that is the natural law. If a river just flows easily, the water in the river does express its power. But once you put an obstacle to the flow by constructing a dam, then you see its strength in the form of tremendous electrical power.” ⁴



“For retaining our openness of heart and calmness of mind, we must learn to forgive even the unforgivable.” ⁵

“Yoga is a way of waking up from spiritual amnesia, so that we can remember all that we already know. It is a way of remembering our true nature, which is essentially joyful and peaceful.” ⁶

“We are eternally free, never bound. That doesn’t mean that we should simply become idle, but once we realize that freedom we should work for the sake of others who are still bound. When a strong person crosses a turbulent river, he or she will not walk away after crossing but will stand on the bank and help pull out everyone else.” ⁷



“The impulse to discover, to know, to reclaim our divine birthright appears to be a trait shared by all of humanity since the beginning of time. That we have this unbidden impulse is a clear sign that we already know the treasure that lies within us.” ⁸

“It is helpful to realize that when we are stuck, blocked or hurting, there is usually a good reason. And because there is usually a good reason, we would be wise to uncover it at a pace that is in keeping with our ability to integrate what we discover.” ⁹

“The truth is rarely convenient. One way we can know we are living the truth is that while our choices may not be easy, at the end of the day we feel at peace with ourselves.” ¹⁰



“Navigating our lives with only one instrument of perception (the ego) is like setting out on a journey across the ocean with a compass while ignoring the movement of the wind, water, and stars.” ¹¹

“Remind yourself constantly that you are a Divine Being, nothing more, nothing less, and nothing else! To know and love the higher aspect of yourself is an exquisite way to practice *Swadhaya*.” ¹²

“The words we use all are big and perhaps intimidating, yet this practice is for ordinary people leading ordinary lives who wish to take up the extraordinary challenge of awakening their true nature.”¹³



Works Cited

Quote 1: Devi, Nischala Joy. *The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras*. Harmony Books, 2007. Page 148

Quote 2: Satchidananda, Sri Swami, and Patañjali . *The Yoga Sūtras of Patañjali*. Integral Yoga Publications, 2012. Page 205

Quote 3: Farhi, Donna. *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. HarperCollins, 2004. Page 210

Quote 4: Satchidananda, Sri Swami, and Patañjali . *The Yoga Sūtras of Patañjali*. Integral Yoga Publications, 2012. Page 48

Quote 5: Devi, Nischala Joy. *The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras*. Harmony Books, 2007. Page 84

Quote 6: Farhi, Donna. *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. HarperCollins, 2004. Page 5

Quote 7: Satchidananda, Sri Swami, and Patañjali . *The Yoga Sūtras of Patañjali*. Integral Yoga Publications, 2012. Page 25

Quote 8: Farhi, Donna. *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. HarperCollins, 2004. Page 12

Quote 9: Farhi, Donna. *Yoga Mind, Body & Spirit: a Return to Wholeness*. Newleaf, 2001. Page 198

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Quote 11: Farhi, Donna. *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. HarperCollins, 2004. Page 82

Quote 12: Devi, Nischala Joy. *The Secret Power of Yoga: A Woman's Guide to the Heart and Spirit of the Yoga Sutras*. Harmony Books, 2007. Page 110

Quote 13: Farhi, Donna. *Bringing Yoga to Life: The Everyday Practice of Enlightened Living*. HarperCollins, 2004. Page 23