

## **Appeal to Yoga Teachers**

It is more important now than ever before to intensify our teachings of principles of Yoga, Yoga lifestyle and the art of living. There is a definite struggle between the light and darkness in the world right now. People are starved for spiritual guidance, for peaceful coexistence, for collective living but have been divided by those who call themselves leaders, whose selfishness creates more division.

The shift towards separateness and greed has been taking place for many years and has created most of the difficulties the people in the world are experiencing in the 21<sup>st</sup> century. Glorification of material gains and possessions and celebration of material wealth removes the focus on the inner values of humanity, as not alone or separate but as in oneness with the natural world.

There are spiritual groups which continue alerting people about the dangerous path human population is taking. They are making efforts to educate people of higher values, but these are few and not funded well to make enough difference. In addition to that, financial difficulties, and the shift to materialism make people less interested in pursuing their spiritual path.

Global Yoga movement, due to its size and principles has all the necessary foundation to be that beacon of light but that beacon of light continues to be weakened by the teachings that are not deep enough to turn around the global exodus towards eventual destruction of our environment and subsequently life on this planet.

We Yoga teachers are that global Yoga movement, and we can change its direction towards what Yoga was meant to be by the first Yogi. We can teach people how to turn inward as this is the way out of the difficulties the world is experiencing right now. Thich Nhat Hanh put it so simply, "The way out is in".

However, since our efforts as Yoga teachers have very little support from social and governmental organization leaving us as sole contributors to the spiritual wealth of global population, we need to empower ourselves to continue our teachings, to learn how to attract people to come to our classes. We also need to come together and support each other rather than engage in competition.

**We need to be more creative.**

**We need to work together.**

**We need to support each other.**

**We need to share the knowledge.**

**We need to continue teaching Yoga and living Yoga.**

**There is an unprecedented need for it now, but also an opportunity for us Yoga teachers, to fulfill our true mission, to teach what Yoga was meant to be.**

## Quotes from Upanishads

*“When the five senses are stilled, when the mind  
Is stilled, when the intellect is stilled,  
That is called the highest state by the wise.*

***They say yoga is this complete stillness  
In which one enters the unitive state,  
Never to become separate again.”***

Katha Upanishad  
Part II [3], (10-11)

*“Where there is separateness,  
one sees another, hears another,  
smells another, tastes another,  
speaks to another, touches another,  
thinks of another, knows another.  
But there is unity, one without a second,  
that is the world of Brahman.”*

Brihadaranyaka Upanishad (IV, 31-32)