

THE YOGA IS NOT THE PROBLEM...YOU ARE

Pictures by Alessandro Sigismondi



The pose does not exist until a human performs it. You cannot hold Marichyasana in your hands. It doesn't have a life outside of you. Whatever pain you are feeling from yoga, it is caused by you. It is caused by your attitude. It is caused by your actions. It is caused by your interpretation of the shape. It is caused by your thoughts.

Lets stop blaming yoga for our ill feelings. You chose to take a shape of an idea called Supta Kurmasana. When you took this shape, the feelings inside of you rose to the surface in direct response. Supta Kurmasana has no feelings. They are yours.

Lets stop blaming yoga for our injuries. You chose to take the shape of an idea called Padmasana. You took the shape incorrectly. You took the shape before you were ready. You did it.

Yoga is not the defective car that causes an accident even though the person used it properly. You are the defective car. When the car is defective, when used, it becomes a ticking time bomb for an accident. You are the ticking time bomb that has made the shape Down Dog when you are already defective. Down Dog is not the problem.

Don't get me wrong. The real you, that which we have lost connection to, is not faulty. Your thinking is. Your ego. The story teller.

The whole purpose of yoga is to deal with the stuff that comes up when you take the shape. However, most people don't do the mental, physical or spiritual work and deal with what is coming up. They just keep on adding poses and difficulty to their already defective thinking and body until it reaches critical mass and the time bomb goes off. You did that. It was not the pose. It was you. The pose does not exist until you take the shape.



When you stop blaming yoga and do the inner work, your spiritual journey will begin. Your life will change. At first, you will go through what people call, “the dark night of the soul” but you keep doing the work anyway, then freedom is obtained. Then you can practice with joy and live with joy. The shape is your catalyst. It is asking you to come alive. Are you up for the challenge?