

Why YOGA Should Be Your New Year's Resolution



YOGA should be *your* New Year's resolution because you most likely have not mastered all aspects of your mental, physical and spiritual wellbeing yet. Yoga not only gives us freedom from the daily bondages of life, but also helps us accomplish what was previously thought as "unattainable."

Yoga gives us spiritual enlightenment, the power to cure most "dis-ease" and the ability to see from the right perspective. Yoga helps us act without error and teaches us to come together as one in a state of peaceful union.

Starting or perfecting a yoga practice in today's day and age will help you keep your sanity and become more centered in this very fast paced world in which we live in.

The ancient yoga masters of yesterday removed themselves from society and took refuge in mountain top caves to find their "true-self" or spiritual nature. They contemplated what the underlining issues were that caused human suffering and sadness and then brought their understandings and teachings back into

the world for all of us to learn and benefit from.

Many master's thoughts were organized by Patanjali, the Father of today's Classical Yoga system. Patanjali was the first individual to get the *Yamas* (practice of self discipline) and *Niyamas* (observance of personal vows) extracted from the ancient yoga masters and passed on to future generations. He did this to help individuals strengthen themselves and to advance society as a whole.

The *yamas* and *niyamas* are known as the foundation of the Yoga practice. They are just one part of the whole Yogic system. When the Yogic system is practiced diligently it is not uncommon for the modern aspirant to experience a super-conscious state of being called **Samadhi**. Samadhi is the yoga practitioners' reward, an euphoric absorption with all beings and energies.

With the right game plan, peace at your job, peace in your family, contentment and total happiness is attainable.

Here is your important Resolution Checklist for 2009

Do you have the yamas and niyamas in your life? Are you moving in the right direction?

In his *Yoga Darshan*, Patanjali lists five restraints under the category of self-discipline (*yama*):

- Ahimsa*: non-violence, or dynamic love for all living beings;
- Asetya*: non-stealing, or honesty;
- Aparigraha*: the adoption of a simple lifestyle, non-hording;
- Satya*: truth, purity and harmony in one's thoughts and deeds;
- Brahmacharya*: celibacy or extreme devotion to your life partner.

Under the category of vows (*niyama*), he lists five important observances:

- Shaucha*: purity;
- Santosh*: contentment;
- Tapas*: austerity or strict economy;
- Svadhya*: study of the self
- Ishvara pranidhana*: devotion to God.

Without the yamas and niyamas there is no real understanding of Yoga, true happiness or Resolution in your life. So follow them the best you can and you will personally benefit in countless ways.

Practicing Yoga along with the yamas and niyamas everyday takes work,

but ultimately brings us closer to the concept of Kaivalya- a continuous state of samadhi or sustained spiritual bliss.

To avoid the common pitfalls and bumps on the yogic path find a qualified teacher who has your personal development in the center of their heart. This path is not meant to be traveled alone. Yoga means union. Best wishes for a happy and healthy 2009!

Yogi Brian Buturla lives and teaches Yoga in Norwalk, CT. He has spent most of his life helping others experience radiant health through the mental, physical and spiritual practices of Yoga. Yogi Brian's teachers are Sri Dharma Mittra and Yoganand Michael Carroll. Yogi Brian can be contacted through his website YogiBrian.com.

YOGI BRIAN BUTURLA IN NIRALAMBA-SHIRSHASANA (HANDS-FREE HEAD STAND POSE)