

velocity^{free}

Secrets for Living a Magnificent Life!

AS ABOVE, SO BELOW | May • June 2010
Central Florida's Green and Conscious Living Magazine | FREE

ReadVelocity.com

WHEN I AM NOT HERE NOW, I AM NOT THERE EITHER

by YOGI AMRIT DESAI



When I get "there" it is supposed to give me the experience of here and now. The question is, have I ever gotten to here and now in spite of having arrived "there" again and again?

What I am hoping to get when I arrive "there" is exactly what I feel I am missing in the "now" experience. We are always struggling to move out of the "now" experience to get to a "there" experience. But when we arrive "there," whatever was missing in the past now is missing in the present now. My struggle to search in the future "there" continues.

If it is not here and now, it's not there either. But you have to discover the distinction between a promised experience of reality and the reality of the experience of now.

Remember that whenever you move from here and now to there, you are present in every experience of Now. So the sense of "The experience of this moment is not sufficient; I have to change it, make it better, improve it, or modify it," is not the experience of having arrived there (outside environmental change). The you that is feeling deficient in yourself is making every experience of now invalid or insufficient, to fill the emptiness you have presumed.

The experience of complete fulfillment that I am seeking is always "out there." Whenever I have created and achieved the goal of having arrived there, I am not "here" to enjoy it. I have already moved to another "there" with a false hope that when I arrive "there," that is it.

It's neither there nor here. It's not the object of my pursuit that provides the experience I am searching for. It is the experience of my being totally and fully present in whatever happens to be the experience of here and now. It is not the experience of an object or an environment, but an experience of me that stands most loud and clear—most pronounced—the external conditions I have created for my enjoyment.

My experience of my moods and emotions, and my personal sense of inadequacy invariably dominate, predetermine and eclipse every experience of where I am physically, who I am with, what circumstances I am surrounded by, and in what environment I have placed myself. No matter what I have, I am invariably in the experience of myself.

If I carry the self-deficient image everywhere I go, I don't have the experience of where I am, but who I am in my interpretation, anticipation, impatience, anger, resistance, blame, shame, and fear. All these filters are of my self-image, not of the "Self" without images. Who I AM is omnipresent.

Enter the Zero Stress Zone through the proactive of the Amrit Methods of Pranayam and initiate psychosomatic detoxification and restore optimal health. Amrit Yoga Institute is located in beautiful Salt Springs, Florida. Call 352-685-3001 or visit <http://www.AmritYoga.org> for more information. Please see ad this page.

Enter
the Zero Stress Zone™

Imagine yourself at peace
in all situations.
It's possible using the
Amrit Method® of Yoga
and Yoga Nidra.

visit
www.amrityoga.org
for our 2010 program guide.
Amrit Yoga Institute
Salt Springs, FL
352.685.3001

Yogi Amrit Desai
is a world renowned yoga master.
He has been sharing authentic yogic
teachings in the U.S. since 1960
and is the founder of Kripalu Yoga
and the Amrit Method of Yoga and
Yoga Nidra.