



## **TO CHANGE THE FORM OF THINGS START WITH THE MIND**

"The mind is given as a tool to you. Mind is not master. Mind was given to you to serve you. You develop all other facilities of the world- electric instruments, cars, air conditioners- but the biggest computer you have is your mind. You never developed it"

So said Yogi Bhajan, who was the leader of the Kundalini Yoga movement in the US, in Feb 1978.

In Yoga practice the job of the teacher, is to provide the tools for the student to feel elevated, by allowing their perception to become stronger. These tools are both physical and mental, such as specific sets like transforming the Lower Triangle to the Upper Triangle, a challenging series of yoga movements, sound and breath, that opens the energy from the base of the spine, hips and navel (lower triangle) to through the heart to the Upper Triangle, which is the throat, third eye and crown.

"The job of the mind is to think. The mind controls the entire human presence and the way one progresses to get out of the cycle of fortune and misfortune. You must have control of your mind. Our basic problem is we do not know how to concentrate. You have to have some time to be all to yourself, where there is nobody else, you have to work with yourself." Yogi Bhajan said in Dec 2001.

Yoga is a way to teach us to concentrate the mind, to transform our thoughts, patterns and habits. If we are to reap the benefits of proper alignment adjustment, it is especially important to concentrate on each move, how you move and move specifically with the breath. This is a great beginning point for transforming yourself through Yoga practice, taking the time to breathe in a relaxed manner, never mind the pace of the practice.



In order to transform our lives through yoga (and some people say it does this simply by making them more mindful) it is helpful to use the tool of meditation as well to alter our old ways of thinking and being. Often we are forced to transform our lives through loss, pain or fear. Whatever the pain, be it physical or mental, Yoga can help us reach deep within to draw the lesson and learning.

Sometimes we make all sorts of changes in an effort to transform our lives- change our diet, our job, our spouse, our weight, our hair color, the type of yoga we do! - Only to find some of our deep-rooted unsettling issues still present. The subconscious is a powerful thing that holds it in samskaras, issues from our Karma and past lives.

Keep practicing and meditating!

Love and light  
Manali Haridas