

## A Yogi's New Years Resolution

It is New Year's Eve afternoon as I write this - the topic seems timely - but it might not (appear to be) by the time you read this.

Yogi's are individuals who practice Yoga - in their day to day lives - not just when they spend time on their mat or meditating. Yoga is a taxonomy for life - oftentimes expressed as union. Yoga is big and small at the same. Yoga is simple and complex at the same time. Yoga is one and separate at the same time.

Resolutions don't make sense from a Yogic perspective, I will explain why.

Yoga (as defined by the Yoga Sutras) are derivative works from Buddhism (which is derivative of Hinduism).

Buddhism is complex but fundamentally it says:

- Everything is impermanence
- Everything is connected
- Change is constant

The Buddha statues depicts a person seated in padmāsana - demonstrating all of these three traits. Oftentimes, the Buddha is assumed to be fat - he wasn't he just breathes correctly - and when you truly exhale you get a "baby belly". Most of us unlearn proper breathing around twelve.

The fundamental three of Buddhism apply to Buddhism itself - Buddhism changes. From its origin (in what is now Nepal) it traveled down to Sri Lanka and then over to Japan (and Korea). Japanese Buddhism gave us Zen Meditation - which sets us up for this MoM.

Most of what I have shared is derivative of Zen Meditations. Everything "mindful" or almost any pop meditation is Zen-based. This isn't bad - it just is.

All of Yoga is meditation - people associate putting your body into odd shapes as Yoga (which it is) but "making pretzels" with your mind, breath and spirit is Yoga as well. As individuals, we are made up of different parts but all these parts are connected to make us, us.

Conceptually expand out for the individual to a family or street or a neighborhood. Same Yogic taxonomy applies - we are individual - but as grouping of individuals we have the same "oneness" that we have within ourselves.

This month's MoM is applied meditation - meditating real-time in your everyday lives.

When you are in a stressful (or calm situation) inquire within:

- How is this situation like me?
- How is this situation not like me?
- How am I connected to this situation?
- Is this permanent ?

A typical situation that happens in life is a traffic jam. When you find yourself in one inquire within - How am I part of this? How is that person in the car next to me part of this? How am I connected to this situation? How is my neighbor driver connected? How am I the same as my next door driver? How am I different? Is this permanent ?

Yes - you could breath and control your breath in these situations as well . Or if you have a big enough car you could start doing headstands to kill time - but the one thing we are always able to do (if we want to) is to control our headspace. A personal mantra of mine is "Mind Believes, Body Achieves". Every change, every goal, every action - touches your mind - sometimes only for a second (in a fight or flight response) but everything that happens by you (or by someone else) starts in the head.

Going to Mars started as an idea. Wanting to meditate started as an idea.

New Year's resolutions don't make sense from a yogic perspective because everything changes and nothing is permanent. This doesn't mean we don't try to improve (this is why "doing Yoga": is called a practice).

What makes sense is to practice is active meditation - around the questions I have proposed (or your own)..

So my New Year's resolutions are to practice accepting that:

- Everything is connected
- Nothing is permanent
- Change is constant

This practice (like asana only Yoga) isn't easy - but it's worthwhile.