10 quotes Pattabhi Jois, that will make you think

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Home Philosophy

Sri Krishna Pattabhi Jois is the great master, the first guru for all who practice Ashtanga Vinyasa yoga. In this tradition, 6 dynamic, impeccably structured series of asanas. They are quite difficult to reach even the fourth series only a very courageous and purposeful. Guruji himself was talking about it with a kind irony: "the First sequence for all. The second is for teachers. Third â€“ to demonstrate". On 10 cruise quotes Guruji about people, their goals, laziness. And about the yoga practice, of course.

the Method of yoga for everyone, except lazy. the The body is not tough, cruel mind. the Yoga is 99 percent practice, one percent theory. the In order to be effective, thought must pierce like an arrow. It is usually painful. the Practice can all. Young people can practice. Old people can practice. Very old people can practice. If a person is sick, he can practice. If the person is not strong enough, he can practice. Practice can all but lazy. Only lazy people can't practice Ashtanga yoga.

the The mind unstable, fluid as mercury. Unfettered, not distinguishing pure from impure, such a mind is dangerous for the body and is the cause of the disease. Only the disciplined mind is able to regulate the internal organs properly.

the If you do the first "downward Dog" at the age of 14 or
44, what matters is not your personal story, and your presence on the Mat in this very moment. When you are inspired by great purpose, your thoughts break all boundaries. The mind goes beyond the usual limitations, consciousness expands in all directions, and you find yourself in a new, great and wonderful world. Dormant forces, faculties and talents become alive, and you find that they have become much more than ever dreamed of becoming.

Yoga as a lifestyle and philosophy can be practiced by anyone who has such an intention, because yoga belongs to all mankind. She is not the property of any group or person, it can be followed by any person in any corner of the globe. Regardless of social class, creed and religion.

Awake, my dear be kind to your sleeping heart, take him into the vast fields of light and let it breathe.

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