

The Essence of Yoga Series – ‘Closing Cycles’

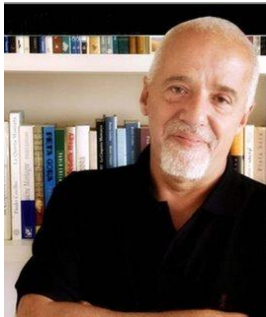
One of the most difficult challenges we face in life is to simply ‘let go’. We attach ourselves to absolutely everything and everyone.... sometimes so obsessively that we wonder why we cannot make change, grow or be happy. Some are more skilled than others at releasing but many of us ‘hold on’ in fear. The very thought of ‘letting go’ may cause us to reflect and that can be scary in itself. Who am I really; who do I want to be and what do I want?

Having the ability to move on requires a set of skills that few people have consciously developed. Many of us are not even aware we are clutching on.

One of the many aspirations of the yoga practice is to ‘let go’. To grow; expand; bounce into the future with joy; re-invent; create and love!

The principle of ‘letting go’ is beautifully expressed in the writings of Paulo Coelho, who is seen by many as an ‘alchemist’ of words...his words being as valuable as gold. Paulo Coelho would probably also be considered as one of the most influential reference-authors of our time.

Spare a moment to read his message....



CLOSING CYCLES,

By Paulo Coelho (author of: The Alchemist)

One always has to know when a stage comes to an end. If we insist on staying longer than the necessary time, we lose the happiness and the meaning of the other stages we have to go through. Closing cycles, shutting doors, ending chapters - whatever name we give it, what matters is to leave in the past the moments of life that have finished.

Did you lose your job? Has a loving relationship come to an end? Did you leave your parents' house? Gone to live abroad? Has a long-lasting friendship ended all of a sudden? You can spend a long time wondering why this has happened. You can tell yourself you won't take another step until you find out why certain things that were so important and so solid in your life have turned into dust, just like that. But such an attitude will be awfully stressing for everyone involved: your parents, your husband or wife, your friends, your children, your sister, everyone will be finishing chapters, turning over new leaves, getting on with life, and they will all feel bad seeing you at a standstill. None of us can be in the present and the past at the same time, not even when we try to understand the things that happen to us. What has passed will not return: we cannot for ever be children, late adolescents, sons

that feel guilt or rancour towards our parents, lovers who day and night relive an affair with someone who has gone away and has not the least intention of coming back. Things pass, and the best we can do is to let them really go away.

That is why it is so important (however painful it may be!) to destroy souvenirs, move, give lots of things away to orphanages, sell or donate the books you have at home. Everything in this visible world is a manifestation of the invisible world, of what is going on in our hearts - and getting rid of certain memories also means making some room for other memories to take their place. Let things go. Release them. Detach yourself from them. Nobody plays this life with marked cards, so sometimes we win and sometimes we lose. Do not expect anything in return; do not expect your efforts to be appreciated, your genius to be discovered, and your love to be understood.

Stop turning on your emotional television to watch the same program over and over again, the one that shows how much you suffered from a certain loss: that is only poisoning you, nothing else. Nothing is more dangerous than not accepting love relationships that are broken off, work that is promised but there is no starting date, and decisions that are always put off waiting for the "ideal moment." Before a new chapter is begun, the old one has to be finished: tell yourself that what has passed will never come back. Remember that there was a time when you could live without that thing or that person - nothing is irreplaceable, a habit is not a need. This may sound so obvious, it may even be difficult, but it is very important.

Closing cycles. Not because of pride, incapacity or arrogance, but simply because that no longer fits your life. Shut the door, change the record, clean the house and shake off the dust. Stop being who you were, and change into who you are.