

The Yoga Awakening



The Yoga Awakening and subsequent shifts in consciousness change ordinary people leading everyday lives. Yoga changes who we know ourselves to be and the nature around us.

These awakenings initiate a gradual metamorphosis that is both evolutionary and endless.

A spontaneous generosity of spirit, an impulse to serve, and a willingness to transform living into art, gradually replace the normal relationship to life often marked by fear and acquisition.

This endless process of evolution and transformation is translucent. Translucent people who glow from inside have access to their deepest nature as peaceful, limitless, free and unchanging and at the same time remain fully involved in the events of their personal lives. Contemporary transluents defy many of the spiritual concepts we have inherited from our religious traditions. Not recluses, they play vigorously in their relationships with others, their work, their creativity, their political and environmental causes – but they play to play more than to win.

Thoughts, fears and desires still come and go; life is still characterized by temporary trials, misfortunes and stress but their personal story is no longer opaque. It is now capable of reflecting something deeper, more luminous and abiding.

Transluents display an above-average generosity of spirit. Giving to other people and to the environment replaces old habits based in lack, desire and need. They are not spiritual in any way that can be obviously recognized through lifestyle choices.

As a group they display as a wide variety of occupations, appearance, educational and cultural backgrounds - as humanity itself. They generally don't identify themselves as having attained anything and they are not trying to become enlightened. They are not overly materialistic or spiritually cynical. They are not uniformly vegetarians, political liberals, socialists, communists, religious zealots, new-age hippies or self-improvement junkies. They don't all wear Birkenstocks. Above all they have a humorous and often irreverent relationship to their personal life, beliefs and identity.

You are probably more a part of the solution on this earth than a part of the problem. What you do and how you live is not as trivial as you may sometimes think. What you choose to do in the next five minutes – and the spirit in which you do it – contributes to the difference between nuclear annihilation and the opportunity for this world to return to Eden.

The future rests in your hands and the stakes are getting higher. It is time for all of us to wake up to our natural sanity and live it passionately, dangerously, intensely, translucently.

People just like you are waking up and changing the world.

Shanti Gowans

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