

The Healer Within, A Yogic Approach

Contributed by Rowan Cobelli

by Rowan Cobelli, Integral Yoga Dorset

There are many teachings on health and healing. The Yogic approach and teachings around this are so simple and yet so profound. Actually, you don't have to do anything to heal the body and mind. If you don't interfere, the body and mind will heal themselves. There is a healer within everybody. We don't have to do anything to get the positive things. When we stop doing the negative things, the good happens by itself. We disturb and drain the body and mind too much. We waste so much energy-over-doing, oversleeping, overeating, over-talking. That drains you completely, so you lose your immunity. The mind over-thinks and that leads to anxiety, worry, fear. Learn to relax. That is the yogic way, nature's way. Not to overindulge in anything. That way, you can heal yourself well.”

Realize the Changeless One

In a world that constantly changes, where not even for a second anything remains unchanged, it can be challenging to find a sense of stability. Energies constantly change, waves of thoughts, emotions, memories, changing seasons, the passing of years. The way in which we see ourselves and relate to ourselves also changes according to what we learn, what we are influenced by and according to how the mind is coloured at that time. So in the midst of the changing world, you have to find the essential part that never changes. That is the essence of spirituality. To Know the Knower

Truth is One, Paths are Many

Integral Yoga teaches that there are many ways to this Truth. Through the path of love and devotion (bhakti), through the path of meditation (Japa), service (Karma Yoga), through the science of the mind, learning about its functions (Raja Yoga), and the direct path to stillness (Jnana). When you dig deep in any one, you naturally gain all the other qualities. It is wise in the beginning to stick to one path. Many people these days are taking a little from here, a little from there. The danger is that the ego doesn't really know the way out of the Labyrinth and so the mind finds all the philosophies that sit well with itself. The wisdom behind all the religions and faiths is that it presents teachings that take care of all the dynamics of what it means to be human, and by dedicating yourself to one approach can save a lot of potential confusion through the apparent contradictions. It helps to have guidance, for someone who has walked the path and is looking from outside of the confusion to guide you. To know which teachings to apply when, and when it's no longer necessary. Its true though that the Master/Guru is there just to show you that the same divinity is inside you, but until that is seen clearly, best to be humble and make dedicated, sincere prayers.

Introducing Integral Yoga in Dorset

Welcome to Integral Yoga Dorset, and a big thank you to the team for getting this wonderful on-line magazine together. Integral Yoga is a Sangha/Group of yoga teachers and Initiates operating many classes in and around the Dorset Area, and grateful to have the opportunity to present a little flavour of the Integral Yoga philosophy as taught by the Yoga Master Sri Swami Satchidananda.

Integral Yoga Classes

In Dorset we have a number of teachers offering a wide range of classes from extra gentle, to pregnancy to new beginners. A typical class runs for an hour and a half and is a very complete system of health. The body is strengthened by the postures, helping to release accumulated tensions. We find better structural alignment that helps everything to work better. After an hour of that we let all the benefits deepen in a delicious deep relaxation. An opportunity to experience consciously deeper aspects of who we are. We close the class with Pranayama, the science of strengthening and cleaning the energy bodies and calming the busy mind and meditation. After that, home for tea and toast…

I hope this article has been of some use, and best wishes on your journey.
God bless you. Om Shanthi, Shanthi, Shanthi.”

Rowan is currently serving as director of the Integral Yoga Centre Dorset, and a member of the UK Council. Part of his role includes running the Teacher Training Programmes and local retreats, events and classes.

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For all Integral Yoga Classes please visit: www.integralyogadorset.org