



paradigmnouveauenterprises

SYNERGISTIC EMERGENCE IN THE 21ST CENTURY

# Yoga Readings

September/October 2005

## *Yoga –A Master’s Relationship to Time*

Mastery is as natural as breathing. It is based outside of conventional time in another paradigm.

In my last article, I said that no one is too old or disabled to practice yoga. In fact, even someone in a wheelchair could be a master of it. That’s because this form of mastery is not a function of physical ability alone; instead, it reflects an individual’s relationship to time and that relationship reflects where the person is **coming from**.

Everyone can relate to magical times when summers felt endless or when they’ve been involved in some endeavor where they lost a sense of conventional time (often called being in “The Zone”). It only *seemed* that way, however, because of where they were coming from. One’s quality of life has a luster, and there is an ease in performance as well as an experience of freedom when you come from a relationship to time like this. But these experiences are random and often cannot be generated at will. Yoga is a practice that supports a *mastery* of this **come from** phenomenon with time. However, practice is essential – thus yoga becomes a lifelong practice like brushing and flossing your teeth. It is that simple and profound with long term benefits.

By basing movement around breath, a yoga student has direct intentional access to time slowing down (thus the mind slowing down), thus where he or she **comes from** is altered. When this happens, the student can experience a relationship to a profound and phenomenal stillness, also known as an eternal moment. In this space a timeless quality of life exists. Master yogis are often thought of as age-defying because of this relationship to timelessness.

