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## Look to Yoga

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As we proceed down the path of life and living, we see, experience, observe and learn new things.

Some of these things sadden and disturb us, and we can become pessimistic and cynical about so many of the things that we used to be positive and hopeful about.

At other times, our illusions and fears which are left unchecked continue to grow and strengthen, so we can become anxious and worrisome creatures.

Many of us continue to act and live in ways that are compromising our mental and physical health and the spiritual joy and wisdom from within and not even mindful of the intentions behind our behaviors.

Things change at work, in our feelings to relationships with our family and in our most intimate and important relationship or marriage.

We do not understand about how we feel and why we feel this way.

We know, or we tell ourselves that we are good, hard-working and honest people, still we do not get what we want and desire or feel that others and the world have been unfair and abusive to us.

This writer has frequently pointed out that there are no quick and easy answers to dealing with the complexities of our experience, feelings and emotions.

It seems hard for us to trust other people, teachers and ways of thinking and living that tell us that they can assist us.

We seem suspicious that they want our money, our adulation or to use us in some way.

Many times, teachers of, and writers about Yoga and Buddhism will tell us that they understand that individuals have to come to these things when they are ready, almost as a process of natural evolution, from their experiences in life, from a realization that there is a problem they should deal with, that there is a realization that they may be more mature, open and understanding as to what they teach us.

Certainly, to tell people that they "should" practice Yoga or Buddhism can create problems, in how they will react to it, or what they will want out of it, or what they hope to expect from it.

Over the years I have found people who want quick answers, that may get them out of the feeling and situation they are in at the moment, or else they just want a new

lover, partner or husband who will bring them help, love and romance and all their negative emotions and feelings will go away.

People have a hard time understanding that they could benefit from looking at and working on themselves.

Our ego and how it works is not always our friend or working in our best interest.

We seldom have the mindfulness or the calm and concentrated state of consciousness and mind so we are able to observe its working and tendencies.

The modern materialistic, entertaining and sensually inticing and pleasing world that we live in can deceive us, making us think that we need this and that, or have to be loved and known by him or her, or must be in this position or that position, in order to be living and reaching our potential as a human being.

It seldom teaches us that some time in nature, or being still and silent, or watching the breath is to our benefit and these are the things that seem to be the closest to us as human beings.

Maybe two hundred years ago, there were different kinds of stresses to deal with, but maybe there were also different kinds of blessings and states of mind and being that were spiritually enhancing.

Maybe people were not in a hurry to get home and watch their favorite sports team play or watch a movie or drama on television.

Maybe they did not think that they had to travel here or there or go out on a Friday night.

Maybe they gave thanks for the security and warmth of a home and family, more appreciatively than we do at times.

This writer frequently receives correspondence from those individuals who are struggling with personal issues and feelings that are challenging and difficult.

It is usually because of loneliness, a problem with working and how they feel that their life is going because work takes up so much of their time, or a relationship or marriage that is unfulfilling, or worse yet, abusive and debilitating.

Life has taught us that these phenomena are quite frequent.

In fact, they seem to be a fact of life for most of us.

What can we do about them?

It is hard ro find the right thing to do.

Sometimes we get more confused, angry, resentful and that leads to violence to ourselves, the one or ones we are having problems with, or a particular person, be it a spouse, parent or child.

Sometimes we use drugs and drink or just food and shopping to escape from the unpleasant reality we must face and deal with.

Sometimes we go on with the situation, hoping that it will change or get better by itself.

What Yoga and Buddhism say is strengthen yourself.

Watch the breath.

Be still.

Turn off the television.

Relax.

Meditate.

Work with the body.

Look at your attitude and make an effort to change it in specific ways.

Look at who you associate with and investigate their words and ways more closely.

We can look to Yoga as a way to get us more balanced and focused so the changes and challenges of life do not overwhelm us.

We can look to Yoga because it will give us a foundation and anchor for living with as degree of wisdom and compassion anywhere in the world, at anytime in our life.

We can look to yoga because it offers us something that few things in life do offer us, that is, something that can teach us something about ourselves that others and the desires that we have through the senses can not.

That is, that as individuals we are good and we are capable of reaching within for something greater then what we are and have now.

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