

# JOY: The Journal of Yoga

Winter 2005, Volume 4, Number 1

## **Is Yoga Really a Light for People and The World?**

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Some years back, when this writer had evolved to a point in his life where he could embrace Yoga and see and understand its benefits and wisdom, he listened to an interview with Mr. B.K.S. Iyengar in which Mr. Iyengar referred to Yoga as being “The most powerful force in the world”.

Such an assertion at that time was somewhat difficult for me to comprehend and even at this time, is not something that I could fully agree with.

Yoga can certainly bring about changes in an individual that are powerful and in that respect it could be thought of as being a powerful force in one’s life and the world.

If large numbers of individuals are involved in learning and practicing Yoga in its true holistic manner, people will as individuals be more mindful, insightful and balanced and that will carry over to how they interact with others and treat the world on which we live.

We usually think of a “light” as being something that allows us both to see things better in front of us and assist us in seeing where we want and need to go and what we will do when we get there.

In this respect, we can then think of Yoga as being a light for people and the world for if we can bring about or experience such the change that this light provides us with, there will be less greed, and greater appreciation and contentment in people’s lives, so that we do not engage in thoughts, words and actions that create suffering and problems for ourselves or for others.

The reason that it can not function as such a light for all is not that it is not but that people are not ready for it, are not interested in it, do not think that it is a fruitful thing to learn and practice or it is not practical to their life.

They may have an incorrect idea of what it truly consists of.

Many of the people that this writer has tried to introduce Yoga to think of it as being nothing more than an “exercise” and any deeper explanation of what it is just confuses them.

Perhaps it is true that for like for this writer, people need to evolve to a point in their life where they are ready for Yoga, ready meaning that they have experienced enough of life to see that experiences in themselves do not bring about the happiness or fulfillment that they wish for or want and are willing to put forth the discipline and have the open mind and heart to learn and practice it.

Yoga certainly is a light for people and the world, but in order for some of us to see and experience this light, we may have to reach a point in our life where we can make the effort to turn it on.

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