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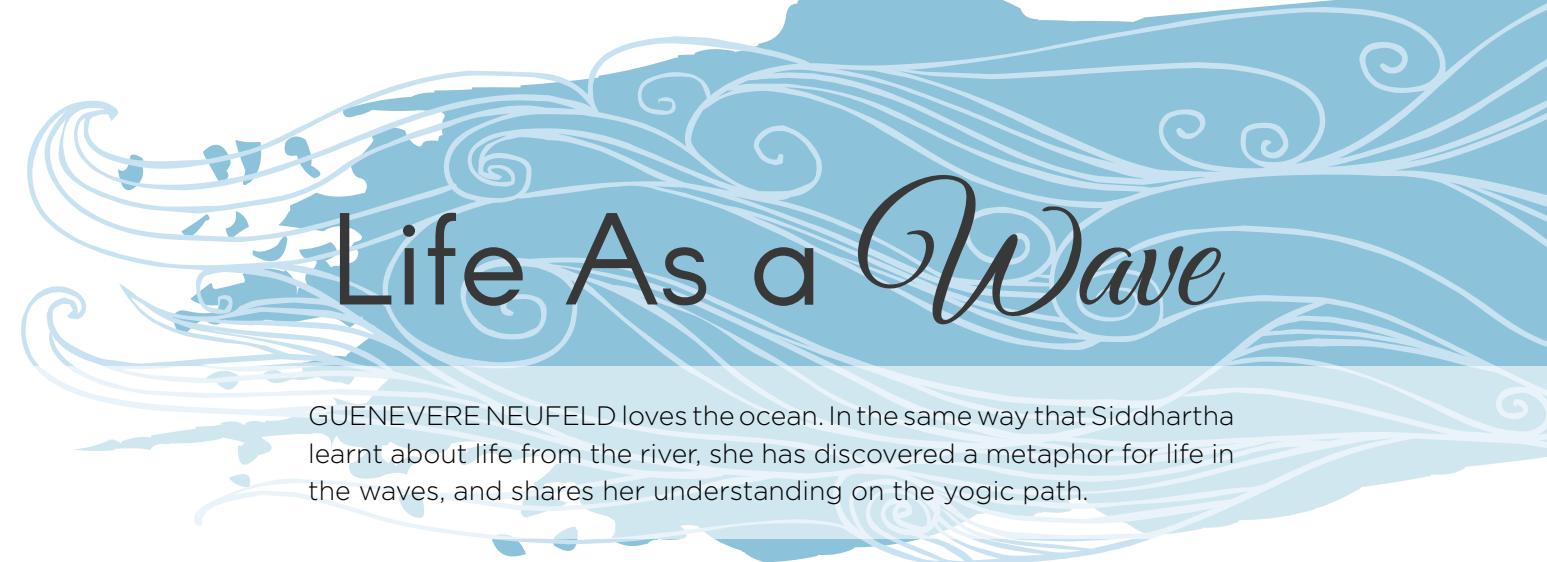
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सम्मान आपके विश्वास का

Honours Your Trust



GUENEVERE NEUFELD loves the ocean. In the same way that Siddhartha learnt about life from the river, she has discovered a metaphor for life in the waves, and shares her understanding on the yogic path.

As a teenager I was obsessed with the ocean. I had daydreams of escaping my humdrum life in a small Canadian prairie town and strolling on warm sunset beaches with sand pressing through my toes. I wanted to sit near that swelling mass of wet and raid wave-rippled shores for newly deposited shells as the tide retreated.

As a fresh graduate, I quenched this angst-filled longing with a long sojourn to different shores throughout the Mediterranean. Ocean tides churned and merged like the diversity of the languages, cultures and religions I experienced in my travels.

Back home in Canada, and recently separated, I needed to go on an inner journey. I was led to an ashram where I heard the words of Swami Sivananda Radha:

“The heart symbolizes an ocean of Light and Consciousness.”¹

The tides of the world are turning. Loud crashes of global current events paint a bleak picture for those interested in building bridges. At times the volume of greed, fear and aggression gets too loud for me,

¹ Swami Sivananda Radha, 2007. *Light and Vibration*. Timeless Books, BC, Canada

and I dip up and down, fumbling for the shore, feeling helpless and overwhelmed.

In my young innocence I used to extend my values of understanding and inclusivity to those around me. I assumed the leaders of the world reached their positions because they were truly the best people for the job and would work for the greater good of all people. Recently I was forced to let that fanciful dream fully release.

“When we investigate rhythm, we can see that life is not a straight line, but a wave, with its many ups and downs. But whether up or down, it still has the same life Energy.”

Over the years I have had the opportunity to see how the study of Yoga – its philosophy and, more importantly, its practice – impacts my daily life. Yoga reveals to me that the responsibility for my life is mine alone. It is up to me to direct my own life and live out my ideals. No politician or leader will do it for me.

Through Yoga I understand myself better, and I am able to clarify the kind of person I want to be, independent of the world around me. I understand that life is a wave.

² Swami Sivananda Radha, 2011. *Kundalini: Yoga for the West*. Timeless Books, BC, Canada

In this spirit of awareness, I offer a simple practice of breath awareness, which helps me tune into an inner rhythm and connect with the rhythm of all life.

Try it for yourself:

Sit in a relaxed meditative posture with a straight spine.

Close your eyes, and observe your natural breathing pattern.

Bring your breath to a slow and even rhythm, counting to four as you inhale and counting to four as you exhale. Keep this rhythm of breath flowing evenly for a comfortable amount of time – for about five minutes is good.

When you open your eyes, observe the effects of balanced breath.

Write down your experience so you can remember that, in a few moments, with intentional awareness, you can calm the emotional waves and dive into the ocean of Light that is always there.

“We do not need to convert from one religion to another, but rather we have to convert the darkness held in our Hearts into the Light and vibration of love.” ●

² Swami Sivananda Radha. 2011. *Kundalini: Yoga for the West*. Timeless Books, BC, Canada

When one tugs at a single thing in nature,
he finds it attached to the rest of the world.

JOHN MUIR