



Initiative Over Fear

By
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Initiative is the inherent power of the individual mind and will. Yoga and Ayurveda teach us how to cultivate the power of initiative through self-discipline (tapasya), a reflective mind (svadhaya) and having faith in the Divine (Ishwara Pranidhana). Today more than ever societies have become dependent on being governed or basically relying on being told what to do. Our need for being creative is being diminished and humans are being identified according to social security numbers, diagnosed according to diseases and we give merits to all regardless of their self-effort to be distinct, unique and attain true success. Yoga teaches us to be free and how to break away from the shackles of a world bound by fear.

When will governments learn, the best healthcare is self-care? Yoga and Ayurveda are major solutions to the current health care crisis because of the emphasis on individual responsibility. A lack of personal responsibility is a major reason for the disorder we see in the world and especially on the level of the mind-body relationship. Current western systems of health promote dependency on insurance policies, doctors, medications and surgery to support health with little to no emphasis on prevention. Free yourself from the crutch of stories and a level of consciousness that promotes fear. Governments and societies today live in fear and the limitations of the conditioned mind. Yoga has always taught us the power of the mind is greater than anything else, except love. However, in order to feel love the mind and all its components (thoughts, emotions, ego, senses, and intellect) must be removed, otherwise, a major obstacle will always exist. Everyone has a story but consciousness has no story, no narrator and by connecting to it through yoga meditation can bring us great freedom and peace of mind simply by observing and listening to the eternal song of joy within.

Making this world a better place is very simple, all we need to do is follow vegetarianism, end of story, it's practical and something that everyone can do. Vegetarianism promotes spirituality, health, and longevity and besides animals teaches us to be fearless, vital initiatives for experiencing love. Why is it that we live in a world where millions do not have enough food to eat, where millions struggle to maintain health and where humans continue to kill each other, animals and our ecology? Fear! This can be seen in many forms and is the most crippling emotion that burdens Vata dosha by drying the body and taxing the nervous system. Mentally, fear closes the heart and socially alienates people from touching, feeling and connecting with nature.

When the mind takes initiative it becomes directly linked to the super mind or grander field of consciousness. Exercising initiative can never occur as long as the ego and its vices continue to rule our lives. Creativity exists in every human being and especially in the yogi, its explosive, dynamic and relentless, while in others it's dormant like a drunk in the park, oblivious of his own true power. The world is drunken with the illusion of blame that perpetuates attachment to the world process. People keep ignoring their own true nature until the tides turn and the story of life no longer entertains us and the world becomes our foe.

The power of initiative is gained through integral yoga and by slowing the mind down through a comprehensive Ayurvedic lifestyle. The practice of mantra-japa is also another powerful technique for managing the mind. Sounds and words coincide to dissolve the mental chatter or thoughts to re-establish the mind in its natural peaceful state. The recitation of mantras or bhajans is a simple practice that has profound implications. Musical skill and devotion are two very separate things that can be combined to enhance the experience of transcending the senses. However, many skilled musicians have focused too much attention on the actual performance while sacrificing the feeling or bhava of the mantra. Each mantra has its own feeling or energy the sadhaka (aspirant) should connect to in order for the mantra to activate the higher mind all of which occurs when the senses are gradually withdrawn. The methods of yoga are ideal for managing the mind and harnessing its powers, the natural wisdom of Ayurveda is ideal for bridging the mind-body relationship and to increase unity consciousness. Both systems serve us, heal us and help us increase harmony and peace within our self and the world.

May your life be your message and thus how we serve others and the intentions of our actions is what leaves the greatest impact on your consciousness. Follow your dharma unceasingly until the goal of inner contentment is reached. Money is good if you use it towards helping others. Money is also good if it can buy you more time for sadhana, yoga practice. The Vedic lifestyle principles are remarkably universal and timeless. Taught thousands of years ago they can help us today to live a life that is evolutionary in that our consciousness is gradually increasing to understand there is one force that sustains all life and one love that permeates all living beings.

A major portion of our life is set as per our karma and when your body will leave this earth is not entirely up to you. No insurance policy can alter this. Only your consciousness, the attitude you carry through each and every breath, through each and every experience. If fear is predominant in your sub conscious mind then your attitude will reflect a mannerism that limits your capacity to perceive the Divine in all living things. When you begin to take initiative and make things happen not because someone else told you to but because your consciousness was attuned to a grander force, beyond

names and forms, now you have the power to take initiative and do whatever you choose. That is true freedom and that freedom is what yoga teaches us is the goal of life, moksha dharma. Practice yoga, live Ayurveda and let the Divine take care of the rest~!