



# STEADFAST FREEDOM YOGA

## **May 6th, 2000: 21 Years Old – Teacher Training, Swami Vivekananda Kendra Yoga Ashram, Southern India**

Reflection

Difficult mind expanding work

Intensive meditation, the unbroken flow of thought towards the object of concentration

Examination of Karma Yoga, realization of divinity through selfless action

Yuj: To join two entities of the same nature, cosmic self and individual self

Culture in body

Fluid motion

Poses –Yogasanas- Stretch my being

Guru lectures so profound

Provoking extensive self-study/ thought

Sensation of pulsation

4:00 AM rising before the sun

Active through 11:00 PM

MANY concentrated hours daily

Spent chanting Sanskrit mantras from the Bhagavad-Gita

Study of Brahman, the Atman, Sri Krishna philosophy

Struggle for mind poised in a state of equilibrium

Mystification submersed in Indian Ashram life

Two hundred plus people

Three foreigners total

Israel 1, Japan 1, Me 1

Culture all embracing

Alert of all actions

Knowledge through calming the mind

Examining the inner I self

OM

Holistic healing

Body heart soul search

Empty water fasting stomach for eight days and seven nights

Cleansed being

Water Lifeline

No hunger for food or physical nourishment

Stimulated senses feed body plentiful

Nature divine connection

Internal and external manifestations

By work, worship, psychic control, philosophy

Exploring the concept and notion of freedom, will, reincarnation and previous lives

Doing what you like is freedom, liking what you do is happiness

Stories of/from Gurus, Yogi masters, Swamis, Pranayama (Breathing) practice control

Complacency

Dear Family and friends, brothers and sisters,

I am sure all is well as the change of seasons occurs in America and the weather

brightens our days! Life here in Southern India is interesting, and hot, to say the least.

After an extremely intense teacher training experience, I am ready to relax a bit and

gather my thoughts! Vivekananda Trashanti Kuteerah Ashram has taken my

understanding of Yoga as a total way of living to a new elevation. The whole spectrum of

the human mind is Yoga, and my knowledge of this ancient practice has increased

tremendously. Now, I am on my way to explore the many Tibetan refugee settlements in

the rolling hills of Mysore!

With love and Peace of Mind,

Jordan

I leave you with some words from the great Swami Vivekananda:

“Even the least work done for others awakens the power within!”