



WEIGHT LOSS THROUGH YOGA - JEWEL IN THE LOTUS

Life is learning through experience. Each of us is in the perfect set of circumstances for what it is we should be learning this moment. This includes our body type. Once we've learned the lessons inherent to any circumstance, the lessons change so we can continue learning. Yoga gives us the tools to influence change instead of having the direction of that change be random.

YOGA INSTRUCTION FOR WEIGHT LOSS

A large number of people in our culture are overweight. An even greater portion of society feels dissatisfied, fearful or disillusioned about something in their lives. We carry on but know life could be better. Something is missing. Materialism doesn't fill our cravings; neither will large amounts of food, sex or drugs. What we long for is inside each and every one of us, though it may feel inaccessible. It is our birthright and reason for being.

*A beautiful
person
is in here.*

We are all here for a reason, but our culture isn't very good at helping us discover our purpose as individuals. Yoga helps us look inside ourselves to reveal answers to universal questions about living and existence. A sincere yoga practice can relieve suffering and create awareness. Gaining control of our weight is but a small part of the transformation that takes place when we rediscover our bodies, minds and spirits. Permanent weight loss occurs as a side effect of tuning ourselves to the music of creation that we might resonate with the glory of our being.

WHAT'S WRONG?

If you are seriously overweight, your physicality is always the proverbial elephant in the room. Our culture has strong prejudices regarding bodies. People who are heavy not only suffer inconveniences that are the direct result of their size, but they also endure the humiliation of belonging to one of the few groups many think it's all right to tease. A large person faces each day knowing it is going to take extra effort to accomplish many of the day's most mundane functions, and in the background there is also concern, or effort not to be concerned, as to what others are thinking about them because of their size.

A beautiful person is in here. That is one of the truths we all feel. Yoga lets us get in touch with our true self and helps us peel away the layers of unawareness that have clothed us. Where did existence come from and what are we supposed to be doing here? How do we