



Presence with Santosha-Roots of Yoga

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Two thousand years ago, an Indian Sage by the name of Patanjali, wrote the ancient text called the Yoga Sutra. His eight-fold yogic path to enlightenment and emancipation is detailed in great length in the aphorisms (sutras). The eight limbs of yoga include social and personal ethics, postures, breath, and forms of meditation such as one-pointed concentration, sense withdrawal, and divine connection or state of bliss. Yoga is considered a spiritual science of self-realization. Therefore, the yogin practices to gain freedom from attachment, freedom from the things that “hold us back” in this life.

Santosha is one of the personal ethics on Patanjali’s eight limb path. It means to be happy, compassionate, and open to the truth for the present moment. It takes discipline to let fear abandon and illusion dissolve, and come into contentment, santosha. But by embodying these principles, you are left with hope for the present. Anything is possible in this light, in this time. Eckhart Tolle says in *The Power of Now*, “To stay present in everyday life, it helps to be rooted within yourself; otherwise the mind, which has incredible momentum, will drag you along like a wild river.”

The practice of Yoga is ancient and powerful, and a beautiful art form to develop inner and outer strength through love of the present.

Namaste