

ABHIJATA, REFLECTIONS OF A GEM

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Abhijata, a gem of a woman, teacher, human being.

Her light shines on us all, from the moment she enters the practice hall. Commanding attention and our presence to be with her. Whether she is giving instructions for asana or relating a story about her grandfather or her aunt. Or taking our attention to something in the physical world around us and making it relevant to yoga philosophy. How to be in this world and also be connected to our Self in the most profound way. Her subtle instructions and her ability to direct such a large group, albeit a cohesive one. We are all part of the Iyengar yoga family. Connected by Guruji to the ultimate source. The love is palpable, the connection undeniable.

The remnants that remain from the experience of her mega classes and the convention overall are still in me, but as with all things of nature, they are fading into memory consciousness. They are now past. What remains is the unchanging nature of reality, the Self. The convention experience brought us all into closer contact with our true nature through communion and through practice. The joy I felt was evidence to my connection to divine wisdom. Abhijata's teaching brought freedom to my body, to my mind and to my notions of how to practice, even after 30 some years of being a part of the Iyengar Yoga system. This is one of the beautiful tangible things About Iyengar Yoga, how it continues to evolve and to adapt. She embodies the present, while insuring the past, and igniting the future, the "youngsters," as she referred to this new generation of Iyengar practitioners at the convention, and yet to come. I was inspired by the hope of the future of Iyengar Yoga, while mining my place in its present.

She taught and spoke to us from her heart. Her brilliance is remarkable.

What's left after a month now removed from the cocoon of the convention, and the delight of friends coming together to practice yoga from all over the country?

Beyond the fun, the joy, the reverence, the power, what's left is a quiet sense that we are one. United in our love for yoga, our reverence for Guruji, and our gratitude, that knows no end, for all that he imparted to us, and to his granddaughter.

She is a conduit, but she is also her own woman, strong, fierce and compassionate. A beacon in the world that is lighting our path forward. Taking us from the river banks of our practice on all our individual shores and encouraging us to continue on, forward to the sea of Iyengar Yoga. Yoking us together, to support and uplift each other as a community in a way that was friendly and joyful, playful and strong. Guiding us to develop and trust our discriminative discernment so we can carry on with clear intent.

Divine grace shines through you, Abhijata, illuminating for us our innermost nature. The power of so many folks gathering together and realizing their true selves, this is a force for good in the world. It's why I teach, and why I continue on with my practices. They feed the soul. They illuminate the eternal truths of who we are. Let's keep peeling back the layers of the onion revealing ourselves so we can chip away at the ignorance of duality and live in freedom.

Now, to my practice! With divine blessings and a little grace, may I recall in my body all that she taught. It was so rich, so layered, so generous. I am ever guided by the wisdom of those who came before me and the light of those who stand in front of me, as I look towards the future. I am deeply grateful to all who worked so many hours, with love in their hearts, to make the convention a reality. Everything seemed seamless.

Reinvigorated, encouraged, and hopeful.

Thank you, Abhijata, for traveling so far from home and sharing so generously with us your knowledge, your insights, and your belief in us all.

Blessings to you, and your family. Until we meet again...