

YOGATM MAGAZINE

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YOGA, REFLECTION, AND THE QUANTUM REALM

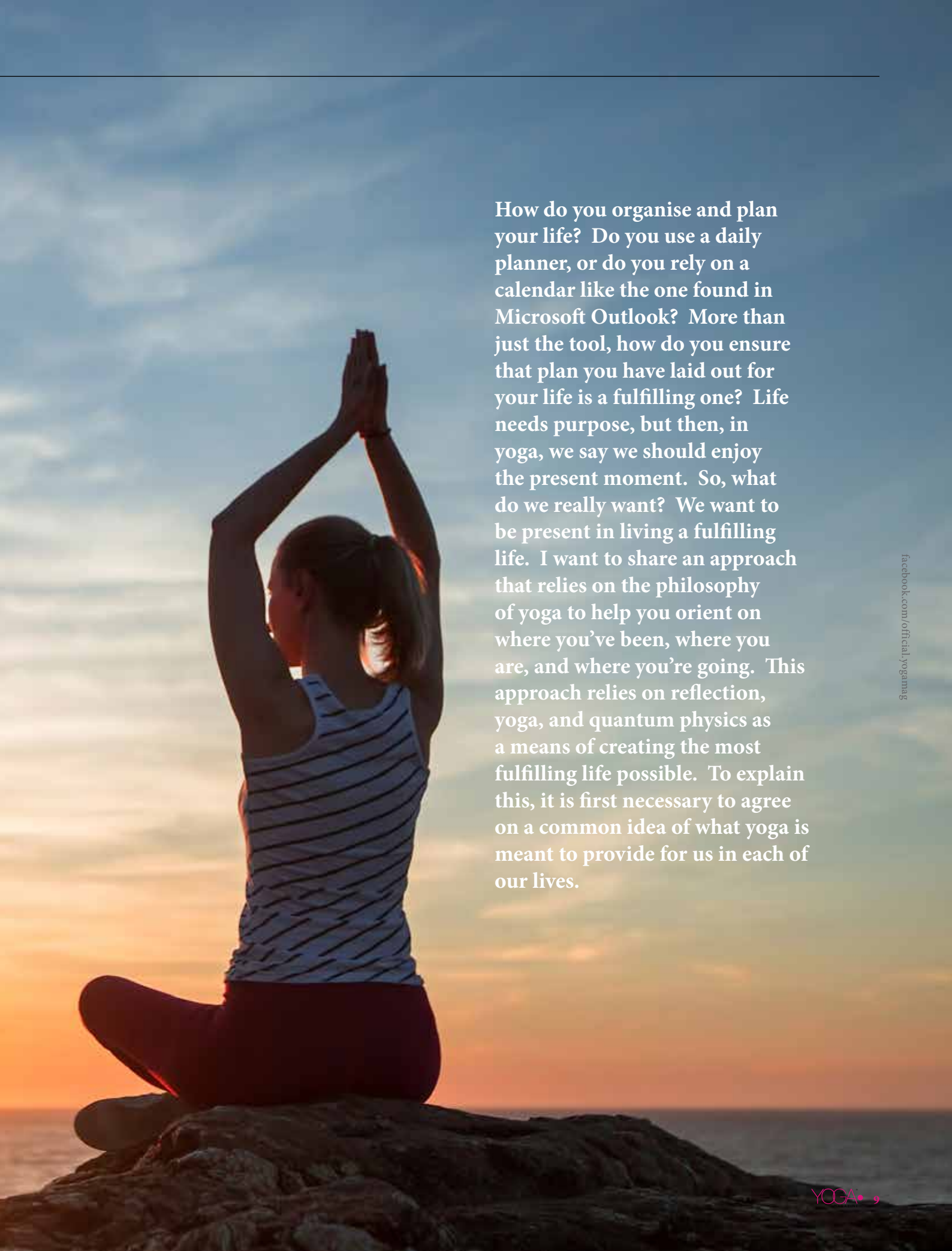
Words: David Richards

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Photo Credit: Elena Lewis



David Richards is a #1 international best-selling author, life coach, yoga instructor and self-development speaker. David blends elements of yoga with quantum physics to help individuals create lasting change for a more fulfilling life.



How do you organise and plan your life? Do you use a daily planner, or do you rely on a calendar like the one found in Microsoft Outlook? More than just the tool, how do you ensure that plan you have laid out for your life is a fulfilling one? Life needs purpose, but then, in yoga, we say we should enjoy the present moment. So, what do we really want? We want to be present in living a fulfilling life. I want to share an approach that relies on the philosophy of yoga to help you orient on where you've been, where you are, and where you're going. This approach relies on reflection, yoga, and quantum physics as a means of creating the most fulfilling life possible. To explain this, it is first necessary to agree on a common idea of what yoga is meant to provide for us in each of our lives.

QUANTUM PHYSICS

Quantum physics comes into play when we think of our future. First, allow me to explain the basic idea of quantum physics, and then I will describe in detail how we can leverage this idea to shape a future of our own making.

The basic (and I mean very basic) idea of quantum physics is that the observer shapes reality. Years back, scientists performed a series of experiments where they passed light through a wall with two narrow slits cut into it. The scientists were eager to understand if light were actually a wavelength (energy) or a particle (matter). As they conducted the experiment, something interesting happened.

If the observer was looking for a particle, they saw a particle. If they were looking for a wavelength, they saw a wavelength. In other

words, the observer perceived the reality they expected to see.

There is another famous water experiment (search on YouTube) performed by Masaru Emoto. In the experiment, Mr. Emoto takes water in glasses and asks different groups of people to concentrate on a single glass. He asked some groups to look at the glass and think loving thoughts, while he took the same water, set it in front of inmates in prison, and asked them to think dark thoughts. He then examined the water crystals from the various glasses. When people looked at the water with loving thoughts, the water crystals from that water were ornate and beautiful. The water taken from the prisoners thinking evil or dark thoughts had crystals that were dark and malformed.

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THE QUANTUM REALM

In his recent book, *Becoming Supernatural*, Dr. Dispenza proposes scientific evidence that we can access the quantum realm. In yogic terms, this is equivalent to opening our third eye.

The quantum realm is a realm of infinite possibility. It is the unknown. In our reality, we experience space through time. If I want to come see you and you are three kilometers away from me, it will take me some time to close the distance between us. Infinite space, eternal time.

In the quantum realm, there is nothingness. When we access the quantum realm, it is an inverse of our world; infinite time, eternal space. That is why it is the realm of infinite possibility. Dispenza outlines guided meditations he and his team have produced to assist people in accessing the quantum realm. He carefully details setting an intention prior to the meditation, writing down the goals for the life we want. Most importantly, we assign emotional meaning to this intention.

Perhaps we want a new relationship, better career, or to become an entrepreneur. Write that intention down, and then step into the guided meditation.

YOGA

Yoga is chiefly about understanding the relationship between the observer and the observed...can I, as a student of yoga, recognize my awareness as separate from my mind and body. We are the observer, but we are not our mind or our body; we are an awareness, experiencing this life through the prism of consciousness afforded by thoughts and feelings. In this way, we have the opportunity to detach from the emotional charge that comes from a memory or experience.

Yoga is about being present in the present moment. It is a wonderful gift to be present and feel the bliss of experiencing “now” as it unfolds. Every practitioner has their own method for refining their practice; a combination of meditation, journaling, reading, and of course, the physical practice of yoga itself.

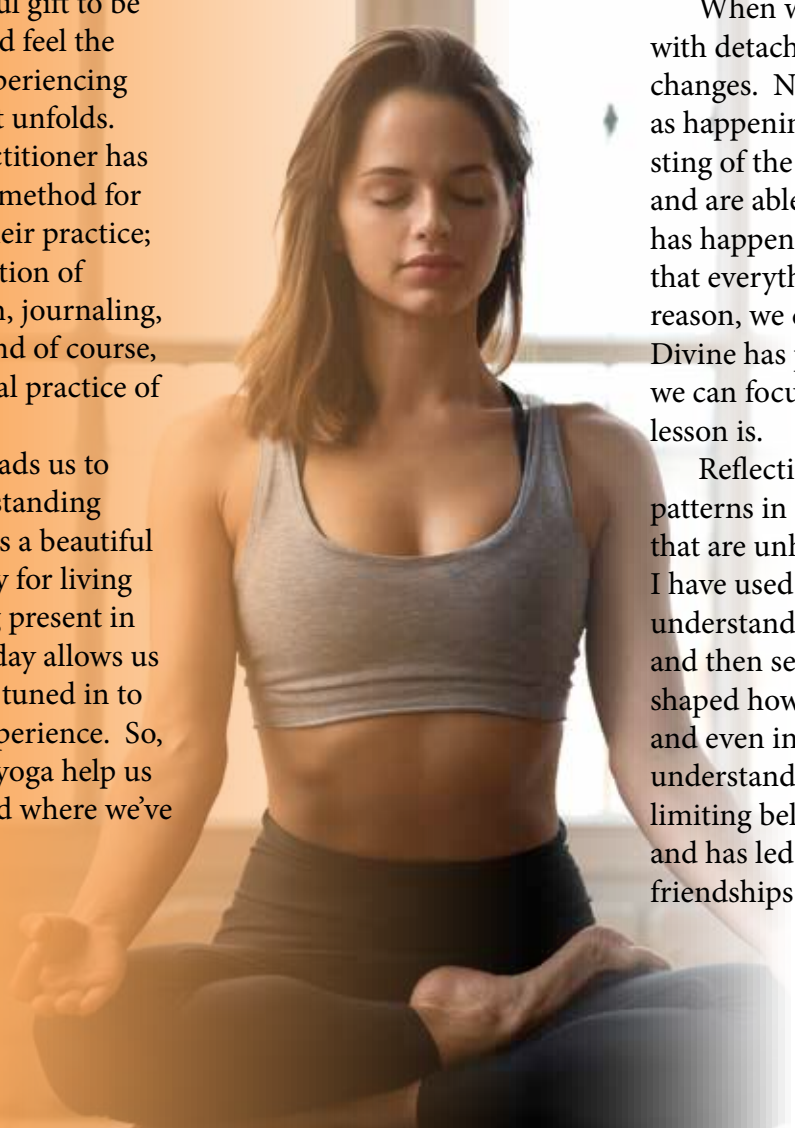
This leads us to the understanding that yoga is a beautiful philosophy for living life. Being present in the every day allows us to be fully tuned in to our life experience. So, how does yoga help us understand where we’ve been?

REFLECTION

If we take the observer-observed relationship of yoga, we can reflect on things from our past that are no longer serving us. Reflection allows us to look at our experiences in our lives. If we haven’t yet gotten comfortable with observing things with a sense of detachment, we are left with the feeling that things happen “to” us in our lives. This can make us feel like a victim. Something happened to us, and we now must wrestle with the emotional cost of this event as a means of processing it. We may ask ourselves questions like, “why did that happen to me?” “what’s wrong with me?”, or “why can’t I ever get this right?”

When we are able to view events with detachment, the whole paradigm changes. Now, we are able to view events as happening “for” us. We do not feel the sting of the emotions produced by events, and are able to look for a lesson in what has happened. When we understand that everything in our lives happens for a reason, we can find peace in knowing the Divine has provided a lesson for us, and we can focus on understanding what that lesson is.

Reflection can help us uncover the patterns in our lives, particularly patterns that are unhealthy or self-sabotaging. I have used reflection in my life to understand being raised in the military and then serving on active duty has shaped how I view the world, friendships, and even intimate relationships. This understanding has led me to release the limiting beliefs I held about relationships, and has led to deeper and more fulfilling friendships and intimacy.



BRINGING IT ALL TOGETHER

How do we bring this all together?

1 Set aside at least 30 minutes a day for reflection. I am an avid journaler, but have also found tremendous joy in simply sitting on my back patio in the garden, looking at the copse of trees just off the property line, and allowing my mind to process the day's events. Walks in nature are also powerful.

2 Start your day with gratitude and intention. What do you want to accomplish, and who do you need to be to do so? The rest of the day, be as present as possible.

3 Create a plan on where you want your life to lead. Meditate on it. Appreciate that you cannot create a life you've never known by doing the things you've always done.

Repeat as needed, as you get closer to manifesting the life you desire.

