

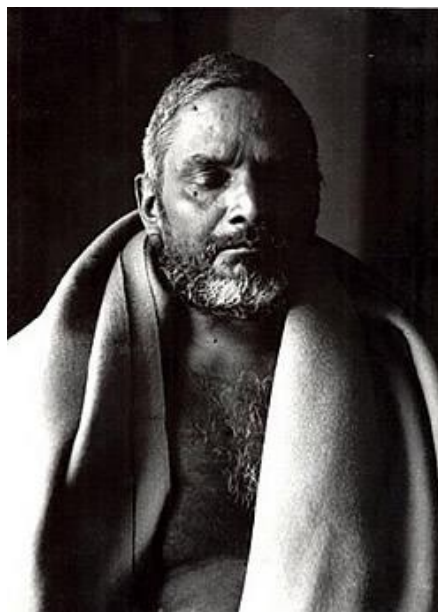


The Good Feeling **Swami Chetanananda**

The one thing that compelled me to practice first yoga and then meditation and to continue to practice meditation for the last 45 years is: it felt good. It feels so good to do yoga and it feels so good to relax our bodies and find within ourselves the flow of our own creative energy. It feels so good that well, at least in my case, it was impossible not to keep coming back to it.

We do this because it feels good and training our bodies and our minds to easily have an access to that good feeling that is ever present inside us, transforms us and transforms the entire field of our experience, including everybody we are connected to. It is this good feeling that is ever present inside us waiting to be awakened that will teach us everything we need to know about ourselves and our life. How amazing is that?

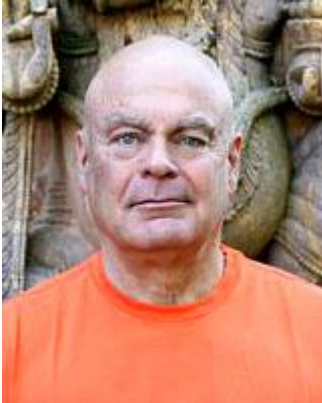
I've studied with a number of very powerful teachers. I've studied Shakta-Shaivism and Buddhism. I've studied Zen. I've studied Vipassana. All of it is wonderful, and every bit of it has emerged from people who over and over and over and over again for dozens of years spent their entire lives cultivating a good feeling that they shared with other people who shared it with the next generation, who passed it down. As a result, this experience got described in an increasingly complicated way. Some of it is interesting but that bottom line to it all, and in fact the bottom line to all religious experience, is that all of it is grounded in the simple good feeling that is available to everyone from inside their own self and their own hearts every minute of every day.



By relaxing our bodies and quieting our minds and taking our attention into ourself and simply with the awareness of our breath, and an awareness of the energy centers in our body, we can find that good feeling and holding that feeling, lift our spirits. Spirituality is lifting our spirits. It is a simple thing we can do every day to feel good. If we grow that feeling, it will change us completely. It will change our life's work completely. It will transform our relationships. Simply feeling good changes everything and you have the ability to feel good no matter what and no one can take that away from you or deny it – nobody. It's yours.

Meditation is the process of cultivating access to that good feeling and growing it to the degree that you always have access to your deepest inner heart and beyond. Those of us who live here at The Movement Center and everyone who practices at The Movement Center is committed to, not to any ideology - not to any dogma, we are committed to that good feeling and sharing it for the benefit of everyone.

Swami Chetanananda



Swami Chetanananda ("Swamiji") is the abbot and spiritual director of the Movement Center. He encourages his students to discover the amazing possibility that resides within them, and to connect and live from it each day. A teacher in the lineage of Bhagavan Nityananda of Ganeshpuri, he is a powerful presence and a source of great nourishment for those who come in contact with him.