

# On Returning from India . . .



## Greetings Neighborhood Yoga Community,

As we welcome spring in the High Country, we are grateful for this beautiful place we share together and call our home. As you may know, a group of us (21 to be exact) have just returned from two weeks in Northern India, beginning our journey in the 5000 year old city of Varanasi, on the banks of the Ganges, and traveling north (by plane, boat, bus, cable car and tuk tuk) to Rudraprayag, to get a glimpse of the Himalayas, to take in the vastness of the universe, and to experience the connectedness to something greater than our individual selves.

India never fails to shift my perspective on my world, and my place in it. It's like holding up a mirror, and what is reflected is not always how we perceive ourselves in the world. India teaches us tolerance, non-attachment, and a sense of humility like no other place in the world. Each of us on this journey were coming from very different places in our lives, but we also shared a common desire of wanting more than just adventure or escape, but wanting our journey to have meaning, and depth,

and support us on our path, in our own evolution, not just distract us from our life.

Everyone one of us, at some point, were pushed out of our comfort zone, and sometimes maybe ejected out of our comfort zone with no advanced notice! Everyone of us were called to rely on our own inner warrior, our own "call to courage," Ma Durga! But that's part of the process. We can't grow if we always stay within our comfort zone.

On my return, my days and nights are still a bit messed up, much like I felt as a new mother to my very needy infant and my unprepared self. As I roam from room to room in the early morning hours, in my quiet, familiar, yet strangely unfamiliar house, it's like I'm seeing it with new eyes for the first time. Those sunrise walks along the Ghats of Varanasi seem a world away. Could I have only been gone for two weeks! From what my eyes have seen, my ears have heard, my nose has smelled and my heart has felt, it seems like a lifetime.

I truly feel that my passion and purpose is to share what I've learned about these ancient teachings of yoga,

that which cannot be gained from reading books, but can only be experienced viscerally. It's only through walking the path that enables us to grasp the WORLD in which Yoga really lives. It's not always the path of least resistance, but it's a path of courage, and integrity. I am honored to have shared this experience with our community here in Boone, and as India has a way of revealing itself through us, over time, we pass that on to all of you. I truly feel that I have arrived home, with new eyes and a transformed heart. India is a WILD place for sure! It's not for the faint at heart, or for those that want to remain the same. But when you are able to go beyond the chaos and the sensory overload, there is a legitimate and profound opportunity for our soul's eyes to open and our heart to blossom and a way we've never known.



Namaste, Valerie