

Evolution and Involution

Evolution is change brought about over time, as one form evolves from its previous form. Mountain Yoga is evolving. Early in 2011, we will be expanding into the adjacent office space (currently Bayada Nurses). We will have a second, smaller room in which to do small classes or private sessions, a galley-style kitchenette, storage and office space. Along with the reconfiguration of our space, we will evolve as a community comprised of people, programs and events.

Satsanga is the practice of associating with “saintly folk;” this would include people like Swami Nirmalananda, the originator of *Svaroopā*® yoga. It also refers to hanging out with other yogis, people like you who are on a path of personal healing and transformation. *Satsanga* supports the process. Keeping good company anchors you, so you are less likely to fall back on old self-destructive habits.

As a yoga practitioner, you may feel that you are evolving: becoming less anxious, less reactive, more accepting of yourself and others. But yoga sees this not as *evolution*, but as *involution*. As a spiritual aspirant, you gradually loosen your grip on the desires and fears and opinions that keep you away from your true, pure inner Self. Yoga calls this an involutionary process, because you are returning inward to your source. You are returning to the unchanging self inside that has been hidden within you all along.

As Swami Nirmalananda says, “Do more yoga!”