

The Need to Evolve

by Krishna Prakash

The World is called a *Jagat* in Samskruta and many Indian languages. It means, "that which is in a constant state of flux or change." This meaning should give us an insight into how the world is viewed in the living traditions and those who know the meaning of the word Jagat.

Right now, the glorious opportunity to stay where we are is a great boon granted by the cosmos to stop our external pursuits for a change, and to develop the courage to look within ourselves. The beauty of looking within is that it would take us to places without spending a penny, but if we care to do this objectively it can make us infinitely rich in wisdom. This wisdom then could be used to harness change in our life - in our outlook, our lifestyle and habits. Furthermore, we would gradually realize the impermanence of our very existence. We could use this distilled wisdom harvested by "looking within" to align our life as per dharma - by embracing whatever change is needed, wholeheartedly.

During this lockdown, why not think of ourselves as pupa inside a cocoon which is developing ready to change itself into a butterfly? Maybe this is the impetus to start our journey of self-discovery. The need to change how we live, without changing who we are and where we live.



About:

Krishna Prakash is the founder of Shrimath Yoga (India), a residential Yoga school in rural India. Since 2011, participants from over 40 countries have studied the 21 days course on self-discovery through Yoga.

These are the times when one can consciously decide to move from "mere living" to "enlightened living." An online workshop on Enlightened Living is currently offered by Krishna - who has more than 10,000 hours of experience in sharing principles & processes from the ancient tradition of Yoga, Veda & Tantra. This online workshop does not promise magic, but ensures that one works hard to achieve the effortless ability to experience "enlightened living."

www.shrimathyoga.com/enlightenedliving