

YOGA. Yoga is an ancient Hindu, Buddhist, Sikh and Jain spiritual practice that may lead to insight into the true nature of being. Yoga asanas (postures) were developed to train the body to be still for meditation. **H**istorically, yoga was used to control the senses; the pausing of mental activity led to a supreme state. Yoga, yoga-related teachings and meditation are a path to the cessation of suffering and gaining of happiness. **N**owadays, in the West, yoga exercises keep our bodies nimble and in shape; yoga aids health and wellbeing. A few minutes of yoga practice every day helps one to be more flexible and in-tune with one's body and mind.

Yoga is truly dualistic: In the East it is a religious practice - in the West a form of exercise. In either mode yoga can aid our spiritual development, sharpen our senses and contribute to fitness and happiness.

Yoga/exercise is a fountain of youth, a tool for stress relief and an aid for aches & pains. Yoga/meditation sets us on the path to enlightenment. As it helps us to empty our mind of thoughts, we can sidestep our ego.

Enlightenment is seeing the world the way it really is. Our ego prevents us from doing so; we don't see the real world, we see our world - from our perspective, with our prejudices - moreover, we're attached to this worldview.

Thus, as we bypass ego in meditation, we gain a perception of reality that is untainted by our desires, biases and favouritism; we are able to accept, detach and let go - which is a sure path to our goal of enlightenment.