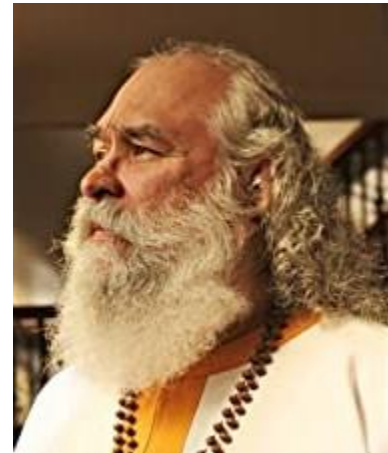




Yoga Life Society's
Yoga Life Center

What to do? Listen

By Reverend Jaganath Carrera



Here we are today in a situation that most of us may have never imagined we would face. We are being *socially distant* and are unsure if we are a carrier or if we have been infected by a microscopic entity. What does our personal belief system offer us in the way of understanding and/or comfort? And what are we supposed to do?

The teachings of Yoga and the sacred teachings of all faith traditions affirm that we can learn and grow in any and all circumstances. There are many tools in our yogic toolbox that can serve us well at this turning point in time. Let's focus on one of the most powerful, yet underused practices: listening.

Every event and moment in life contains truth-signals, promptings from the Divine, messages individually coded for each one of us. We are constantly being guided, being nudged by God to fulfill our part in the Divine Will. How do we unlock this coded personal message from God? Sacred teaching can give us some indication of what is happening and what we should do, but those teachings are universal in nature and don't include the coded message meant just for you.

This is not a matter of trying to find clear-cut answers that will satisfy the limited capacity of the mind. For the purposes of this practice, don't try to reason it through. It's not about trying to figure out why this pandemic is happening or evaluating the actions of government. This is about learning to listen: deeply with an open mind and heart. When you do, you will hear what God wants from you. We naturally will be drawn to our personal dharma, our unique purpose for being. We become obedient to the flow of truth.

Obedience is from the Latin, *oboedire*, to listen in the direction of, to listen intently. You are not being ordered around by God. It's not a slavish submission. It is accepting the role of co-creator with God. In listening-based obedience, you will be naturally drawn to the appropriate action to take.

Prophets in the Hebrew Bible provide a beautiful example of true obedience. When God called their name and asked that they serve, they answered simply and powerfully, "Here I am." The ego with all of its desires, plans, dreams, and fears was transcended by the call to serve. They were firmly in the moment, a moment of communion and harmony with the Divine.

In the challenge that we face today, the call is being sent out to us. The questions we need to ask ourselves is: are we ready to listen to the call and will we respond with a heartfelt, resounding "Here I am"?

**May the Entire Universe Be Filled with Peace and Joy,
Love and Light**

OM Shanti, Shanti, Shanti