

Contemplation Quotes for October 2016  
Yoga & Spirituality #10

Becoming a Great Being

You are in the process of becoming a Great Being, whether you realize it or not.

— Swamiji & Rukmini

Your yoga is helping you become the Divine light that you were always meant to be.

— Swamiji & Rukmini

Every time you lengthen your tailbone, you have a taste of your own greatness and a harbinger of your future.

— Swamiji & Rukmini

Every time you lengthen your tailbone, you're grounded and uplifted at the same time, an unusual combination, a hallmark of the *Svaroopa*® sciences. — Swamiji & Rukmini

By landing more fully in your body, you are expanding more fully into your own Beingness. You are becoming embodied Consciousness.

— Swamiji & Rukmini

Your yoga propels you into your body, preparing you for the inner awakening that is the gift of this lineage.

— Swamiji & Rukmini

The gift of this lineage is Shaktipat, which awakens you to the infinite splendor of Beingness that is your Self.

— Swamiji & Rukmini

Swami Nirmalananda says, "Shaktipat changed everything for me. At a deep level I knew who I was, and had an inner gyroscope, that always showed me the way up, in every situation and every relationship."

Life is not about how others see you. It's not even about your relationship with them. It's all about who **you** are, even while you are in relationship. — Swamiji & Rukmini

Yoga is about placing yourself in relationship to your Self, basing yourself in your deepest truth, in every moment of your life.

— Swamiji & Rukmini

tripad aady anu-praa.nanam — Shiva Sutras 3.38 / While in any of the three states, you should enliven yourself with the fourth state, which is the primal condition of all three.

— Swami Nirmalananda

The "three states" are waking, dreaming and deep sleep. The "fourth state" is named turiya, a deeper state of awareness, deeper than your mind. — Swamiji & Rukmini

Turiya is the experience of your Self, which is also called "svaroopavidya," the experiential knowing of your own Beingness.

— Swamiji & Rukmini

Turiya is like the water of which the ocean is made, found in pristine stillness in the depths, yet the waves are made of the same water.

— Swamiji & Rukmini

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<p>You can live from that deeper inner level: by filling it into all three. You can enliven your waking, dreaming and even deep sleep with your own Self, never losing your Self. — Swamiji &amp; Rukmini</p>	<p>External circumstances do not define you, so they cannot sway you. — Swamiji &amp; Rukmini</p>
<p>You don't have to withdraw from the world in order to live in the bliss of consciousness. — Swamiji &amp; Rukmini</p>	<p>When you embody the fullness of your being, you spontaneously think more clearly, love more fully and act more effectively. — Swamiji &amp; Rukmini</p>
<p>Self-Realized beings are incredibly effective at what they do. This is your mission, should you choose to accept it. This is your future. — Swamiji &amp; Rukmini</p>	<p><i>Svaroopā</i><sup>®</sup> yoga is practical spirituality. — Swamiji &amp; Rukmini</p>
<p>If you are not experiencing the bliss of consciousness while you're engaged in the world, the problem is that you've lost your Self. — Swamiji &amp; Rukmini</p>	<p>You can tell when you have lost your Self because you feel needy, greedy and grabby, or separate, scared and alone. All you need to do is to reinstate your inner state. — Swamiji &amp; Rukmini</p>
<p>Finding your Self requires turning your attention inward because your Self is inside you. — Swamiji &amp; Rukmini</p>	<p>Every time you do a practice to reinstate your state, you become progressively more saturated with Self. — Swamiji &amp; Rukmini</p>
<p>You are closer to Self-Realization than ever before. The power of the <i>Svaroopā</i><sup>®</sup> Sciences guarantees it. — Swamiji &amp; Rukmini</p>	<p>Great Beings are lights unto the world, shining examples of the fullest potential of a human being. — Swamiji &amp; Rukmini</p>
<p>You can look at someone who is unwaveringly present in her own presence and empowered to awaken you to your own Divinity. That's the Guru. — Swamiji &amp; Rukmini</p>	<p>The Guru models embodied Consciousness. This is not so that you will look at her in awe, but so that you'll see and know — if she can do it, you can do it. — Swamiji &amp; Rukmini</p>
<p>To be the Great Being that you have the potential to be, simply do more yoga. — Swamiji &amp; Rukmini</p>	