

Being Yoga

The Path to Spiritual Awakening

Yoga is not about becoming flexible—it is about becoming aware.



Yoga Beyond Exercise

Yoga is often viewed as a physical practice focused on fitness or flexibility.

Being Yoga invites us to rediscover its original purpose: awakening awareness and living in harmony with our true nature.

Key Takeaway: Rather than striving to become something new, it is an opportunity to remember who we already are. Presence over performance.

The Noun Illusion vs. The Verb Reality



The Noun Illusion

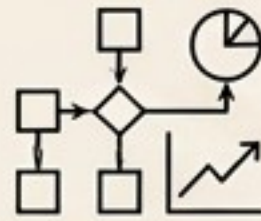
Fixed object to be controlled



Performance & external validation



A project to be optimized



The friction of striving



The Verb Reality



Continuous unfolding activity



Radical presence & awareness in action



A flow of energy, breathing, and sensing

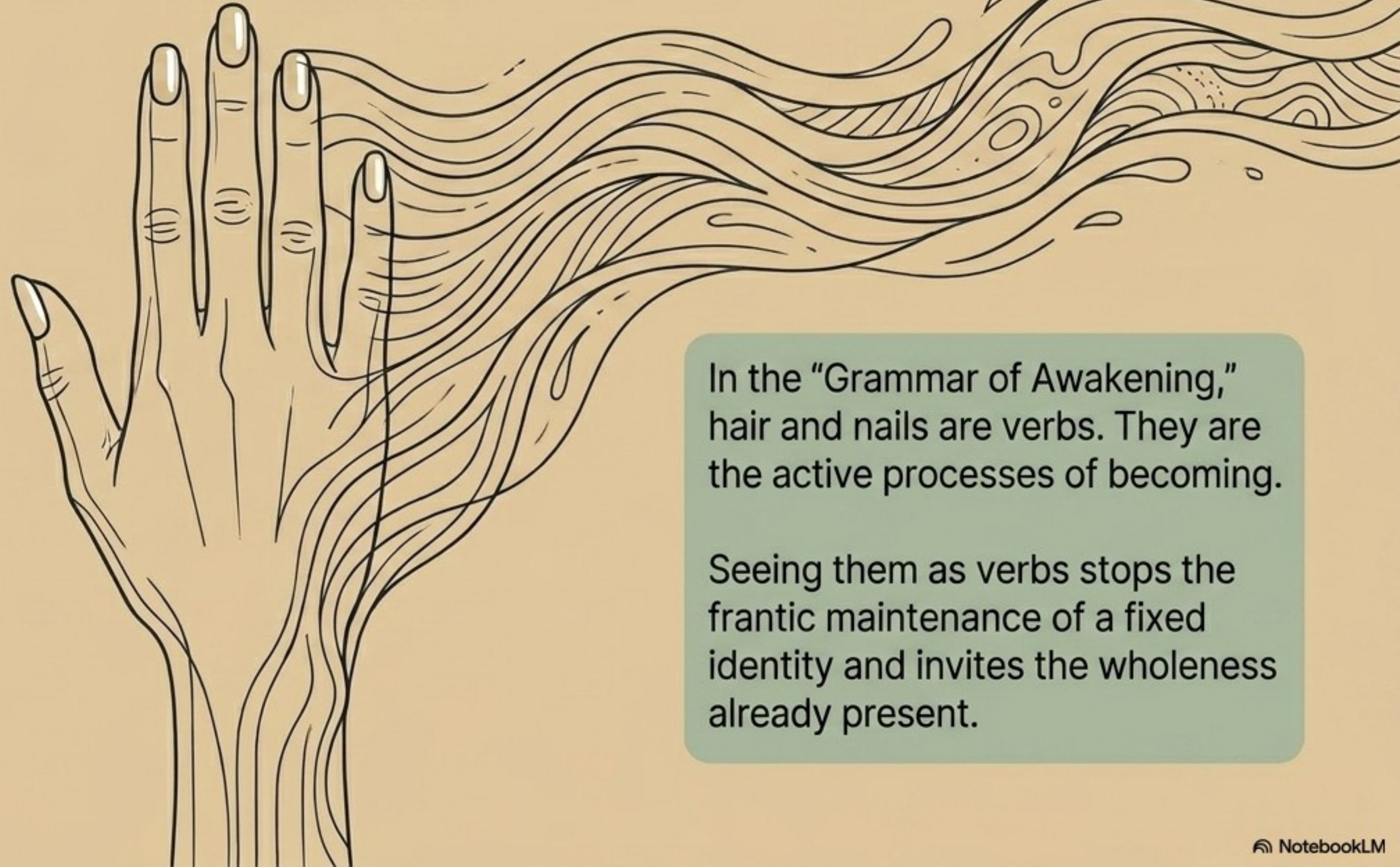


The clarity and ease of Being

You are not a fixed 'someone.' You are living, experiencing, awakening—existence happening.

Your Body is a Process, Not a Product

Language tricks us. We view elements of our body—like hair and nails—as static nouns; fixed objects requiring a curated aesthetic.



In the “Grammar of Awakening,” hair and nails are verbs. They are the active processes of becoming.

Seeing them as verbs stops the frantic maintenance of a fixed identity and invites the wholeness already present.

The River and The Whirlpool



When movement stops, the whirlpool disappears—but the water remains. You are not the whirlpool. You are the ocean.

The Heart is Not a Mechanical Pump



We are taught the heart is an industrial piston. But in its first 50 days of embryology, it reveals itself as a “**helical space-time event**”—a biological bridge where the Divine Word is uttered into matter.

To understand the heart is to understand the relationship between the infinite River and the individual Whirlpool.

The 60-Degree Secret: Om Written in Flesh

A (Extension / Waking):

The outward thrust of blood and expansion of internal space.



U (Sequence / Dreaming):

The 'pause' where flow is processed along the helical rope.

M (Dissolution / Deep Sleep):

The 'Twist-and-Suck' contraction where the individual whirlpool resolves back into the infinite river.

The heartbeat itself is the Bindu—the flash of pure consciousness in the timeless Now.

Love as a Verb

Love acts as the Central Neutral Current—the equilibrium (Tiphareth) that balances our spiritual polarities. It is not a static feeling to be possessed, but an active choice that grounds the spiritual world into the physical.

It is the nature of Love to Love.

C.S. Lewis reminds us that natural loves must be subordinated to *Agape* (Charity)—the unconditional God-love that shatters the illusion of separateness.

The Being Yoga Approach

Balance begins within.



BODY

Movement.
Gentle
movement
creating balance
and ease.



BREATH

Energy.
Regulating energy
and calming the
nervous system.



MIND

Meditation.
Cultivating
awareness and
calming the
mental whirlpools.



SPIRIT

Awakening.
Finding inner
peace and
authentic living.

Bridging Tradition and Modern Life



Yoga Nidra
(Deep Relaxation)

Meditation &
Mindfulness

Breathwork

Spiritual
Self-Inquiry

The Result: Less stress. More clarity.
Emotional balance. Deeper peace.

The Flow of Transformation

1. Awareness:
Recognising the
noun illusion.

3. Insight:
Seeing the whirlpool
for what it is.

5. Peace:
Resting in the
aware stillness.

2. Practice:
Engaging the
four pillars.

4. Transformation:
Transmuting finite
impulses into
universal flow.

The Being
Yoga Guide to
Inner Peace



Begin Living Yoga. Not Just Practising It.

Download **The Being Yoga Guide to Inner Peace**. Includes a 5-Minute Daily Practice, Breath Awareness exercises, and Spiritual Reflection prompts.

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