

Nothing catches us but our own servants of ill will,

We are so truly involved in vicious circle of life that even we don't have time to look upon our self, we are been always carried away by so many things...

If anger comes to us we think that anger is what we are

If desire comes for so many things we become lustfully running behind every desire, with a intense feeling that we are desire,

If hatred comes to us we think that we are hatred and it is quite obvious,

When love comes to us we think that everything is love only (love for any single thing)

Our completeness is always occupied by some or the other thing...

Following these things as a pattern we becomes habitual of our daily routine, results in boredom, or loneliness....guide us every time, every moment, whole life becomes guided by these vrittis...

We .. like a football ...rolls from here to there without any goal...

These habits temporarily become proprietor of our body, will, self, mind and soul...

These habit than throws us in a world of competition and ambition etc...

“Problems can't be solved, they can only be dissolve by yoga”

Than we as a result start searching a Guru or a master in terms of freedom, freedom from desire, hatred, jealousy and all the rest of it...seeking some eternal ecstasy for everlasting bliss and happiness...

Whatever comes to us, sits on our chest, these all things catches us like a ghost, whatever vritti comes to us that very plays with us like a toy, whenever know who is the right owner of our self.

Yoga (in hindi it is yog) means original owner has awakened between all the servants this owner takes charge on the driving seat.

Yoga means integration even of the word, yoga means totality, a person who is united, not in parts but as a whole, and when a person becomes united within self than all duality dissolves, all servants (senses, desire, aggression, lust, senses, fear, ambition, hatred, jealousy, madness, etc...) stand by the side like real servants, than none of the servant says “I am the owner of the complete personality”

The conscious yogi mind becomes Proprietor of our own property, immediately, radically becomes owner of all senses we have, than all senses moves like a servant, like a shadow... by loosing there ownership on us.

An entirely different synchronicity takes place in body, mind and the soul...than only one is able to feel or see what god is or eternity is or whole is or budhhatva is whatever name you can give.....