

Yoga and a New Definition of Power

By Cathy Iacobazzi

It is clear that the world has arrived at this new zenith of potential. The potential to collapse into the chaos of unsustainable, disintegrating systems exists side by side with the potential for integration and the evolution of humankind into a new level of enlightened existence. We live in an era and in a society where the culmination of our history, science and culture has endowed us with the ability to choose from a dazzling array of possibilities. For most of us, it is

impossible for us to imagine what it means to live at the level of bare survival that was the norm for most of humanity throughout history and even throughout most of the world today. Yet our comparative level of wealth and privilege has not made us a happy, healthy and content society. The longing for something deeper than the accumulation of things and thrills is evident everywhere and truer words were never spoken when Mick Jagger said "Too much is never enough."

We have been launched by science and new developing technologies and into a

whole new way of being and we can no longer keep up with the dizzying rate of change. The masculine methodologies have been very good at getting us from point A to point B and they have been used almost exclusively in the development of a seemingly rational and effective culture of acquisition. These rules and ways of being, centered on accomplishment and control are the terms by which power is defined. Yet without the feminine components of relatedness and wellbeing, we are being led to a dead end, both personally and collectively. We now must evolve new forms to take us forward but how can we map a way to point B if point B has not emerged yet? What does feminine power look like? And what does all this have to do with yoga?

There are many versions of Hatha Yoga being practiced today. Power Yoga, Ashtanga and Hot yoga studios have sprung up everywhere. These exhilarating and exciting methods aren't even accessible by many body types, but because they fit in with the hyper

masculine ideals of working faster, harder, quicker by pushing the limits their popularity is no mystery. But there is another way to



Yoga is one way to give people an embodied understanding of how they can generate the futures they desire by harnessing the naturally miraculous forces of the feminine in the right relationship to the operative imperative of the masculine. Artwork by Christopher Iacobazzi

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Triumph Over Doubt

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at the differences between what my gremlin was telling me and what I witnessed. My gremlin said the reporter's call was a hoax. Yet, when I checked her out, I found she was working for a major newspaper. Because my gremlin is not above lying and manipulating the truth, I needed to be vigilant. Each time I heard that little voice stirring up more doubt or self-criticism, I immediately reviewed the facts.

When the day of the

interview arrived, I did a short meditation before the reporter arrived to calm my nerves and focus my intention. Thanks to my preparation, I was able to answer the reporter's questions confidently and intelligently. The few times I noticed doubt trying to sink into my consciousness, I observed its antics, and remained composed.

Then came the day when the article was published. Seeing the reality of what I had envisioned and prayed for playing out before my eyes reinforced my confi-


dence in manifesting my dreams. The reporter's article can be found at http://www.seattlepi.com/health/322345_hcenter05.html.

Colleen Foye Bollen offers gentle Jin Shin Jyutsu treatments at East West Bookshop in Seattle and at her Shoreline location. For appointments or more information contact her at colleen@flowingstillness.com or call (206) 367-0491 or visit Colleen's web site www.flowingstillness.com. To read more about this topic, visit her blog at <http://flowingstillness.blogspot.com>.

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