

Yoga holds the possibility to change the state of the World.

Peace begins within ones own heart, to see peace in our world first we must discover that it's source is within each one of us, and that each and every one of our thoughts manifests in someway at some time, according to the law of karma we reap what we sow. So the first step to changing the world is to change ourself.

Through regular Yoga Sadhana we awaken the energy centres within the body that store and produce all the negative and positive experiences in life. In order to master ourselves we must first master these energy centres, which means to understand them. Each chakra has it's own tendencies and capacities. All emotional turmoil, anger, resentment, guilt and fear can be released through the yogic techniques, which, when practiced correctly and with awareness and proper instruction can lead us to transcend any afflictions, either physical or mental, leading us to experience more positive feelings in our daily life.

Through the practice of meditation we can finally move beyond pain and suffering, we learn how to understand others and develop the ability to see things from their perspective. We experience calmness, compassion, serenity and gratitude. Through meditation we ultimately look within and there we discover all the answers for which we have been searching.

So through Yoga exercises we release the impressions of stored emotions, gather fresh energy, heal the body and improve all it's functions, and by meditating on the Anahata (heart) chakra we can awaken compassion and humility, allowing us to curb the impulses of anger, fear and depression.

A healthy person creates a happy family, a happy family means a happy society, a happy society leads to a happy nation and in this way Yoga contributes one person at a time, towards world peace, sustainability, and importantly our inner freedom.

Excerpts from lectures given by:

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Vishwaguruji is an awarded Ambassador for Peace, world renowned Yoga master and founder of the scientific system Yoga in Daily Life®. His Holiness comes from Rajasthan, India, and is based in Vienna, Austria, Europe since more than 40 years. Every year he is going round the globe in a "World Peace Tour" to visit Yoga in Daily Life centres in whole Europe, in America, Australia, New Zealand and Asia. Yoga in Daily Life® is a worldwide not-for-profit humanitarian organisation, with member associations in Special Consultative Status with the Economic and Social Council of the United Nations (ECOSOC). The Association's activities are aimed to serve humankind by fostering health, world peace, humanitarian aid, protection of the environment and all creatures, tolerance, respect and freedom among religions, cultures and nations.