

## What is Success?

Is it material wealth? Is it a new car? Is it the right partner? No, success is not externally calculable; it is a state of mind. Success is permanent satisfaction, contentment, happiness, and peace. These things can come to the rich, the poor, the healthy, the ill, the married, or the single. If you are successful, you are happy and at peace with yourself and your environment.

We are born pure, simple, and happy; as children we derive pleasure from playing and pursuits of enquiry; but as we grow older life disorients us and we lose sight of our peace, poise, purpose, and positivity. We assume the re-establishment of happiness, or success, is to be sought outside of ourselves due to sociological pressures, and also because we are not encouraged to look within. Though we see that worldly success does not ensure happiness, we nevertheless continue to labour after it even after all material necessities are met.

If however, we learnt to find success within ourselves again, we would not need to work so hard at things that are not intrinsic to true happiness. Things like nice cars, extra holidays, clothes, music etc would become additions to success, not components of success. Most people sub-consciously thrive on deep inner dissatisfaction as fuel, which drives their passions for worldly success; but it still does not result in the permanent satisfaction we are seeking. So, what is the answer?

The answer lies in getting to know yourself again. This means dealing with the person nobody knows but you. It means untying the mental knots that keep your thoughts from expanding, and wiping the mental mirror occasionally so you can see what you have become. To most, these concepts are scary, because most people are actually afraid of themselves to some degree. Afraid of what they intuitively know they will have to deal with.

Yoga is the means of clearing the mind and allowing your true Self to surface. Yoga is not about stretching the body and becoming limber, this is only a preliminary practise. Yoga is about knowing yourself as the soul, a manifestation of calmness, wisdom, joy, and compassion; and then living in accordance with it. Yoga slows down the over-stimulated senses and mind energy, and gives your brain the open window of spiritual air it craves after.

Happiness, contentment, and success are already yours by nature; yoga teaches you that you already a perfected being, you are simply, through external influences past and present, believing more in your imperfections. The work to achieve real success is in dis-attaching to the concept that material successes or pleasures can give lasting happiness, and waking up to the truth that real success is to be garnered within the permanent peace of the soul.