

~ Om ~

My heart is truly overflowing with gratitude and appreciation for this gift to all of us and those yet to come into the TriYoga family. My thanks! Thanks: it's a beautiful word but it's not big enough. Thank you all so much for this opportunity to have such a beautiful space, a home, a TriYoga Center!

When I walked in, there's such an energy.... initially I couldn't get past the first room.... It's like someone has already been practicing meditation here for years: the calmness and peace. That's so important: to have the right environment. Of course, no matter where we are, we should, as TriYogis be able to practice. In all conditions, we should be able to hold our focus. But when the environment, like this, like our yoga temple, already contains this energy, then there are going to be so many transformations of those who walk through this door and into this ancient teaching of TriYoga.

*There are many gifts one can give and offer to this planet, but the gift of offering a place for people to come together in Truth to better themselves, to reach a place of peace so that they become a light, a beacon in this world, this is what a yoga center is about. This is definitely what our TriYoga Center is about. It follows a tradition of having a place where we can come together in *sangha*, meaning the company of one another; we can all attest to this wonderful part of our practice. We need to have a personal home practice, and yet there are some other places where people feel at home. For some, there's not the space, or the inclination, or the support in their personal home, so these people definitely need a center to come to. Others have a wonderful system, a place at home, the support; but still, as wonderful as that personal practice is, we also need to have this time to come together. As often the analogy is given, when we have one light, one candle, it is light; when we add more candles, it's a brighter light. By coming together in the *sangha*, our light does increase.*

*The center here, as we know, is to bring in those souls who want to learn this method. We want it to be a Flow. As they flow in this door, we want to introduce them to this Flow. And it's not limited to the *āsana*, but the *āsana* represents this body, which is the temple. Our mind also needs to have that Flow, the Flow of Knowledge - Higher Knowledge - so that we can remove all the traffic jams inside that mind and so that we can have Real Knowledge flow forth. That's why we say that we come to yoga for knowledge. Some limit what knowledge means, but it's *jñāna*. There's knowledge of the world, that we need, and knowledge of the Spirit. We come to that through many different paths. This is one path. And it's beautiful to share it with everyone because I'm sure that all of you can attest that we have such a beautiful *sangha*. And when they come in this door and learn this practice, we also find those who feel a *dharma* inside to share this.*

Some come to me, like a very humble soul today in class, and said, "After this class today with you, I don't know if I can teach." And I said, "Just look at you: I feel so much happiness in you from this and I can see you are very charged with this energy. I can feel the love from you. You have something to share." And we share what inspires us. We have a very detailed teacher training program; we have the finals. But that is here in the outer world. Our connection is heart-to-heart. For those who've been drawn to come here to study with us, it is a heart-to-heart connection. You have something to share. Share what inspires you. We honor those who come through and take a disciplined approach to systematically learning. Don't underestimate these transformative movements.

It takes sacrifice to produce anything. You have to give something else up. If I want to play music, then I have to sacrifice the time that it takes. To have a Center like this, there has to be *tapas* - discipline - that first part of *Kriyā Yoga* that Patanjali mentions. We discipline the body and the mind; we grow in so many beautiful ways. But we come already so ready. It's like a beautiful flower: it's already presented. So it is with *Yoga*: no matter where we are in this journey, there is always growth. This is, as we saw today in *Samkhya Yoga*, about evolution and involution.

The second part is the self-inquiry in *Kriyā Yoga*: the steps. *Kriyā Yoga* can be *TriYoga*, it's all the same philosophy, as Patanjali speaks. We engage in this self-inquiry. And the third aspect, to make it all complete, is to surrender to the Divine, to one's True Source. We surrender to a calling inside, to a personal practice, to be prepared in body and in mind, and, for some, to share this with others. That is surrendering to one's *dharma*.

Some may not be in this yoga room all the time, but you can be out there doing another form of yoga: serving the community. Take your mind: develop it, realize the depths of knowledge. Become dedicated servers on this planet in your own way. It's all yoga. I don't judge whether someone does the *āsana* or not. Where is the heart? How have you trained and disciplined the mind? Come together in love: express and help others. How can we love and respect one another? How can we serve this planet?

Just like thank you is not enough, words are not enough, but I have great admiration, great respect for you. And I thank you very much.

~ Om ~

Excerpts (edited) from Kaliji's Talk
Inauguration of the *TriYoga*® Center of Philadelphia Opening
July 12, 2008