

Yoga Gurus – Recognizing the True Ones

Yoga gurus or yoga teachers, as they are frequently called in the Western world are difficult to find. Yoga has great potential for saleability, all over the world. Therefore, many times it is seen that people with just simple knowledge of yoga start acting as yoga gurus. Many so-called yoga gurus take undue advantage of keen inclination of the people for learning yoga. They do more harm than good in the process. Hence, it is extremely important to recognize true yoga gurus or yoga teachers and eliminate the false ones.

Some yoga gurus have great credentials and impressive degrees. Even then, learning from them may not be fruitful. For becoming a good yoga guru one must not just have knowledge of yoga but also be a good human being. Yoga is most beneficial when it is as an exercise in spiritual growth.

Some pointers given below give good foundation to make the right choice.

- True yoga gurus are never boastful. The first and foremost qualification of a yoga guru is that he or she is very humble.
- True yoga gurus never have a sense of pride of their knowledge of yoga. In order to become a true yoga guru one must renounce all sense of pride.
- True yoga gurus are never ambitious. They are neither driven by forces of competition, success, and money nor they are interested in glorifying themselves with false titles.
- True yoga gurus do not need to demonstrate their yogic powers in order to win over disciples. They have already mastered all the beneficial aspects of yoga. So, yoga in all its wonder becomes an integral part of their lives and they may not even have to practice it every day.
- Many times, it is seen that the yoga gurus start considering themselves greater than others who do not know about yoga. They actually go against the most basic teachings of yoga by doing so. True yoga gurus understand perfectly that they are not superior to others. Instead, they develop a deep need to share their knowledge for the betterment of human beings.
- True yoga gurus attain deep stability of mind. They are never disturbed by anything. This does not mean that they are unaffected by their surroundings or things do not hurt them anymore. It simply means that they understand the ephemeral nature of things and so do not worry too much. They have the knowledge that the nature inclines toward stability and sooner or later things change for the better. This knowledge keeps their temperament unwavering.

A good yoga guru can change the outlook of your life. Hence, it is very important to choose the right teacher if you wish to learn yoga and experience the bliss of a great life force unleashed in your life.

Author: Neena Dayal

Copyright: WordPep™

