INTRO Part C

Material Success Through Yoga Principles Part 1

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Below this video, you're going to find some very specific instructions for your “Get to do” list.

So I just want to highlight a few of them and then carefully read them and, make sure you get them all checked off so you're ready to go, ready to ride, ride that wave together.

Alright, so the first thing and the last thing you'll hear me say is that I always want you to think in terms of, you know, what's your transformation?

What's your experience? We've been talking about some big, lofty things.

Is it you're always going to be looking at what's your next best step?

What is your next best step?

Is not the same for that person or this person or for me.

So we all want to be grounded in where we are and what our next best step is.

All right? So with that said, though, we are going to be going through the program together, and you should have both a, written version as well as an audio version of Swami Kriyananda’s book. [Material Success Through Yoga Principles]

And I really encourage both because we learn in different ways.

We learn from reading in a different way.

Our brain works more than we do simply from listening and we learn.

And some of us are a little more inclined towards one or the other.

So if it just doesn't work for you to do both, do at least one of those versions.

But if you are able to do both, go ahead.

And the thing about listening to Swami Kriyanada read his book, he's so in tune with the vibration that he's wanting to imbue upon us and to give to us that he spoke in such a way as to give us success vibrations.

So when you listen to Swami Kriyananda, I ask that you listen to it at just regular speed, okay?

Um, I'm a big fan of like, if you're listening to me, I'm fine.

If you wanna speed me up, I sometimes talk a little fast so you might not want to speed me up too much.

But again, that's what's individual.

Some of you, this might be another language and you might wanna slow me down, right?

So that you can catch everything.

So I'm totally cool with you changing the speed of listening to the videos that I am giving to you, like this one right now.

But I really encourage all of you to listen at just normal speed to Swami Kriyananda reading each chapter, each section, um, of the, of the book.

And I think you'll, you'll find it valuable and in a deeper way that may not be apparent right at first.

But the more we take that in, we're gonna receive on a vibrational level from him.

So otherwise, uh, just Keep, keep moving forward, keep taking whatever your next best step is, no matter how tiny it is.

Um, reading the material, um, listening to it, and then following the action step.

So right now we're just mainly, we're just getting started.

So I'm really inviting you to embrace the joy of the journey.

All right? So, uh, follow the instructions down below about what to do and have, um, ready.

So, you know, basically it's gonna be to go back and listen to, listen and or read the introduction and the first chapter, and then we're gonna be getting into actually doing a few techniques right off the bat.

Okay? So see you soon.
Joy to you.