

Time

Hi yogis,

Were you able to catch your mind playing the comparison game we discussed in last weeks newsletter?

If you were able to correct your thinking patterns you *took* time away from disturbed thinking and behavioral patterns in order to apply that time to positive, peaceful and clarity filled thoughts and actions.

Even if you get 10 seconds of your life back from doing so, it is a worthwhile and commendable achievement.

This brings us to the most valuable thing we have in life, time.

The smallest decision made towards choosing what to do with our time are the very moments that shape our happiness in life, often on a minute-to-minute basis.

Feeling joy brings you back to the present moment.

In my work I have the pleasure of getting to know many wonderful humans on a deeply personal level. I get to work with people of many different ethnic backgrounds, nationalities and maybe most importantly, from different socio-economic situations. The more people you interact with, the more profound your understanding of the word “successful” will become. In the United States that term usually means “wealthy from your primary source of income”. I find that term to be as ill-fitting as the term “taking care” of somebody being used as a synonym for paying somebody.

When you take care of another being, it is so much more than money. Caring attention towards another being doesn't compare to spending money.

True success belongs to people who are able to divide their time in a *positive* manner, not in order to maximize productivity, but to maximize *happiness*. Productivity can give a human a short-term sense of pride, which absolutely has an emotional value, but productivity is not a singular vehicle in our journey to true peace of mind.

Helping other people in situations where we might not have time to do so, simply being nice and making very small sacrifices of often even smaller amounts of time in situations where we have absolutely no expectations of the other person ever returning the favor, will undoubtedly lead to the kind of happiness that cannot be bought by any other currency than *your time*.

Helping an elderly person with their grocery bags, asking a stranger in the park who is hanging their head if they are OK, smiling for a few short seconds at a person who could use warm energy from a fellow human, taking the time to ask a homeless person approaching you what their name is and calling them by it to dignify them with a shared common humanity are small investments of time that cause ripples in the energy field around us. These ripples have the power to cause more change in everyone else's happiness, not just your own. This is the very essence of our human superpower.

Investing an entire day or even weeks of your life to charity or any selfless endeavor, will lead to true enlightenment, not just “success”.

Have a blessed day,  
Rae Indigo

## \*Upcoming Mountain Retreat - Attention please

We have registrations already for 10 rooms at our Kiental hotel. It is a boutique hotel and I want to have enough space to accommodate everyone coming, but it does take a lot of pre-planning and guessing to do this right (it's our first year so we are guessing a bit). It would be great to fill up the place with yogis! ~ Thank you

## Check out the new book recommendations on our website:

<https://www.worldyogainstitute.com/recommended-readings-usa>

<https://www.worldyogainstitute.com/recommended-readings-europe>

## For all our Indigo Circle members:

There is a new Energy Sequence "500 h YTT 5019 TAP Day 3" available

<https://www.worldyogainstitute.com/membership-sequences>

