

A Ripple in the Front Fender

by Meg Agnew

Early last December I watched in disbelief as a red pick-up truck smashed into my parked car and then disappeared down the street. Feeling annoyed, I was able to track down the driver (he had been working on a neighbor's house) through his company.

The manager of the company assured me that the driver, Jack, would contact me the next day. I had some time to reflect on how I would respond to him when he did. I decided to open to Grace and set an intention just as we do at the beginning of each Anusara yoga class. In this instance, my intention was to be as kind and understanding as I could be.

The next day Jack showed up looking worried and remorseful. He explained that he had returned to check for damage but hadn't seen any. I believed him. Wishful seeing, I thought. All of the conversation we exchanged was gentle and considerate. After viewing the shattered parking light and dented front fender of my car, he apologized. As we discussed how to proceed with the car's repair, I realized that the predominant feeling within me was compassion for this hard-working man who would now have to pay a hefty insurance deductible just before the holidays. I felt the energy of my intention surrounding our entire interaction.

We create this kind of safe and supportive surround of energy in our classes at SYA. With our presence in class and with our intention to support ourselves and each other in this transformative process, we contribute to the strengthening of each other's practice. Together we invite an even bigger energy (Grace, Love, Oneness, etc.) to sustain our individual and combined efforts as we meet the challenges of our asana practice.

For me, and I think it's true for most of us, it is always a sweet delight and an inspiration to hear about the off-the-mat practice successes of our fellow yogis. I know of some recent ones where the outcomes have had tremendous significance: a mended mother and daughter relationship; the saving of a needy young adult from imprisonment; a life saved from despair. We all have a share in these success stories. Within our yoga community, we support each other on so many levels--mentally, emotionally, energetically, and often, even physically as we explore on our mats the arising edge of our practice and how we're meeting it. As we open to our potential to evolve in this supportive space, we establish the ground from which to extend our practice out into the world. This groundswell of energy is obviously way too big to be contained within the walls of our beautiful studio. There's a joyous ripple effect taking place with boundless possibilities.