



**The World Is One Family:
Fulfilling our dharma**

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by Andrew Kahn

Toward creating a more conscious and compassionate world, we openly declare that *a spark of the Divine is in all beings*. Each of us carries that spark, which ignites our dharma. Together we can transform the world.

Swami Kripalu said, "True dharma is what creates harmony and love in the world. *Adharma*, or irreligion, is what creates disharmony and hatred. Wherever we see unity, there we find dharma; and wherever we see disunity, there we find adharma. Dharma is like a needle and thread: it unites many pieces into one whole. Adharma is like scissors, which cut the whole into many pieces."

Our dharma as yoga teachers is to create harmony and love in the world, to help disconnected people experience wholeness. Today greed, hate, violence and religious divisiveness are a dire threat. To use Swami Kripalu's words once again, "No matter what religion we are following, if we cannot love others, we are not following religion but the illusion of religion, for religion teaches oneness of all."

It's our work to get this message out. From strong leadership, tremendous energy can be generated and channeled. Kripalu's president and vice-president, Dinabandhu and Ila Sarley, wrote in the Summer issue of the *Yoga Bulletin*, "More than ever, society needs a unifying force to heal the polarization that is growing more entrenched every day." They need our wholehearted participation as we work together to strengthen Kripalu so it can become a unifying force in the country and the world.

How can we do this work? Here are my suggestions.

First, let's commit ourselves to serving as a unifying force for love and harmony in the world. Let's do all that is within our power to help all people realize *Vasudhaiva Kutumbakam* (The World Is One Family)—not only through our classes and workshops but also through the music we play in class, the video- and audiotapes we record, our newsletters

and promotional materials, and visual aids like T-shirts and bumper stickers.

Let's recognize the power of language and repetition. Try using the following phrases during your students' relaxation at the end of each class.

May each part of my body work in harmony with the other parts to serve the whole. May there be love and compassion in all of my relationships. May each nation teach peace and that we are all One in Spirit. Through love may humankind fulfill its potential and find true peace and security.

During the final meditation in class, I say these words: "As we chant *Om* together, let's commit to cultivating peace within us and to sharing peace with everyone we touch." *Andrew Kahn is a Kripalu Yoga teacher and Kripalu bodyworker who teaches yoga in New Jersey. He can be reached at 201-444-0304, www.peacefulpresence.com or peacefulpresence@earthlink.net. To order "The World Is One Family" T-shirts, contact Paul Baker at Basho Screen Printing, 937-767-9006.*