



**The World Is One Family:
Spreading love everywhere**

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by Andrew Kahn

The Divine is in all. The Divine is Love. Love is our true nature.

According to Swami Kripalu, God is love and only love removes the separation between people. As true teachers of yoga, we're doing more than promoting physical well-being and peace of mind. We're espousing the sacred teaching that the Divine dwells within all beings. Through our example and our words, we're helping to create better lovers of God, life, and one another.

"The world is one family" is a statement of truth. Teachers of yoga grasp its inclusive meaning, understand the implication to practice kindness, and put their conviction into action. For many, however, the "world" is made up of a limited number of people. We can help them realize the necessity of wholeheartedly loving their immediate family, while expanding their concept of family. In this way we'll all move from darkness to light.

KYTA members are now offering classes to mainstream and diverse populations. It is to our great advantage to be clear about what we're striving to deliver. We're spreading love, which includes but goes beyond mere tolerance of others. When we take our practice and teaching to heart, we journey with a sincere question: "How can I be of maximum service?" Let's guide our students to ask themselves this same question.

With the right question the answer becomes known. We all have a role in the work to be done.

The prayer below, written by Judy Chicago and used by both religious and secular groups, illuminates a beautiful vision of our goal as yoga teachers. We can help to create union, harmony, and peace! Our family and the world need us to step forward now. Let's share the words of this prayer in our classes as we practice the spirit of love and compassion behind them.

Prayer for Peace

May the day come when all that has divided us will merge
And then compassion will be wedded to power
And then softness will come to a world that is harsh and unkind
And then both men and women will be gentle
And then both men and women will be strong
And then no person will be subject to another's will
And then all will be rich and free and varied
And then the greed of some will give way to the needs of many
And then all will share equally in the Earth's abundance
And then all will care for the sick and the weak and the old
And then all will nourish the young
And then all will cherish life's creatures
And then all will live in harmony with each other and the Earth
And then everywhere will be called Eden once again.

KYTA member Andrew Kahn is a professional-level Kripalu Yoga teacher and mentor who has taught yoga at a Quaker Friends meeting house, a Unitarian church, and a Jewish temple. Andrew offers complimentary yoga classes to KYTA members; for his class schedule, visit www.peacefulpresence.com. To learn more about and help evolve the World Is One Family Initiative, visit www.theworldisonefamily.com or e-mail theworldisonefamily@earthlink.net.