

B.K.S. Iyengar

Quotes

*Yoga, Inspiring, Mind, Body, Soul, Practice, Self, Asana, Light, Moving,
Thinking, Mean, Heart, Brain, Art, Life, Spiritual, Journey, Doe, May*

The body is your temple. Keep it pure and clean for the soul to reside in.

~B.K.S. Iyengar

Do not think of yourself as a small, compressed, suffering thing. Think of yourself as graceful and expanding, no matter how unlikely it may seem at the time.

~B.K.S. Iyengar

Yoga is a light, which once lit, will never dim. The better your practice, the brighter the flame.

~B.K.S. Iyengar

Hatha Yoga teaches us to use the body as the bow, asana as the arrow, and the soul the target.

~B.K.S. Iyengar

Life without tapas, is like a heart without love.

~B.K.S. Iyengar

The study of asana is not about mastering posture. It's about using posture to understand and transform yourself.

~B.K.S. Iyengar

In backbends, one touches the body physically, mentally, intellectually, consciously and spiritually everywhere.

~B.K.S. Iyengar

The primary aim of yoga is to restore the mind to simplicity, peace, and poise, to free it from confusion and distress.

~B.K.S. Iyengar

In forward bends, one uses the outer mind while in backbends the outer mind is silenced and the inner mind is made to work.

~B.K.S. Iyengar

Backbends are to be felt more than expressed. The other postures can be expressed and then felt. Like in meditation each person has to feel backbends.

~B.K.S. Iyengar

Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.

~B.K.S. Iyengar

Health is a state of complete harmony of the body, mind and spirit.

~B.K.S. Iyengar

Yoga is the golden key that unlocks the door to peace, tranquility and joy.

~B.K.S. Iyengar

If you keep your armpits open, you won't get depressed.

~B.K.S. Iyengar

Nothing is achieved by a mind that doubts

~B.K.S. Iyengar

The decision to relax rather than to grip, even in the face of impatience or fear, is a conscious and brave choice.

~B.K.S. Iyengar

True concentration is an unbroken thread of awareness.

~B.K.S. Iyengar

Before peace between the nations, we have to find peace inside that small nation which is our own being.

~B.K.S. Iyengar

The conjunction of effort, concentration and balance in asana forces us to live intensely in the present moment, a rare experience in modern life.

~B.K.S. Iyengar

Healthy plants and trees yield abundant flowers and fruits. Similarly, from a healthy person, smiles and happiness shine forth like the rays of the sun.

~B.K.S. Iyengar

If you open the armpits, the brain becomes light. You cannot brood or become depressed.

~B.K.S. Iyengar

Yoga is a mirror to look at ourselves from within.

~B.K.S. Iyengar

When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world.

~B.K.S. Iyengar

The body is my temple, asanas are my prayers.

~B.K.S. Iyengar

When the asana is correct, there is lightness, a freedom. Freedom comes when every part of the body is active. Let us be free in whatever posture we are doing. Let us be full in whatever we do.

~B.K.S. Iyengar

There is no progress toward ultimate freedom without transformation, and this is the key issue in all lives.

~B.K.S. Iyengar

It is through the alignment of the body that I discovered the alignment of

my mind, self, and intelligence.

~B.K.S. Iyengar

It is while practicing yoga asanas that you learn the art of adjustment.

~B.K.S. Iyengar

Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open.

~B.K.S. Iyengar

Don't practice for cosmetic beauty, practice for cosmic beauty. Practice for inner beauty and inner light.

~B.K.S. Iyengar

Love begets courage, moderation creates abundance and humility generates power

~B.K.S. Iyengar

Pranayama teaches the aspirant to regulate his breathing and thereby control the mind.

~B.K.S. Iyengar

I don't stretch my body as if it is an object. I do yoga from the self towards the body, not the other way around.

~B.K.S. Iyengar

Do not aim low, you will miss the mark. Aim high and you will be on a threshold of bliss.

~B.K.S. Iyengar

Asana done from the brain makes one heavy and done from the heart makes one light.

~B.K.S. Iyengar

Breath is the king of mind.

~B.K.S. Iyengar

We can wash the skin of our bodies with a bath, but through asana practice we not only purify our blood and cells, we are cleansing the inner body as we practice.

~B.K.S. Iyengar

Your body exists in the past and your mind exists in the future. In yoga, they come together in the present.

~B.K.S. Iyengar

Regular practise of yoga can help you face the turmoil of life with steadiness and stability

~B.K.S. Iyengar

It is through your body that you realize you are a spark of divinity.

~B.K.S. Iyengar

We are creatures that are designed for continual challenge. We must grow or we begin to die....So just standing still isn't really an option. We have to move on. If not, disturbances will come.

~B.K.S. Iyengar

Learning is as much an art as teaching

~B.K.S. Iyengar

Life itself seeks fulfillment as plants seek sunlight.

~B.K.S. Iyengar

When an asana is done correctly the body movements are smooth, there is lightness in the body and freedom in the mind.

~B.K.S. Iyengar

I am standing on my own altar; The poses are my prayers.

~B.K.S. Iyengar

You do not need to seek freedom in some distant land, for it exists within your own body, heart, mind, and soul.

~B.K.S. Iyengar

Yoga allows you to find an inner peace that is not ruffled and riled by the endless stresses and struggles of life.

~B.K.S. Iyengar

The brain is the hardest part of the body to adjust in asanas.

~B.K.S. Iyengar

Abhyasa (practice) is a dedicated, unswerving, constant, and vigilant search into a chosen subject pursued against all odds in the face of repeated failures, for indefinitely long periods of time.

~B.K.S. Iyengar

Yoga is when every cell of the body sings the song of the soul.

~B.K.S. Iyengar

Approach each asana with freshness every day.

~B.K.S. Iyengar

The light that Yoga sheds on life is something special. It is transformative. It does not just change the way we see things; it transforms the person who sees.

~B.K.S. Iyengar

The best way to overcome fear is to face with equanimity the situation of which one is afraid.

~B.K.S. Iyengar

This practice of yoga is to remove the weeds from the body so that the garden can grow.

~B.K.S. Iyengar

Health begins with firmness in the body, deepens to emotional stability, then leads to intellectual clarity, wisdom and finally the unveiling of the soul.

~B.K.S. Iyengar

A good teacher helps you explore the maximum.

~B.K.S. Iyengar

Keep your attention internal, not external, not worrying about what others see, but what the Self sees.

~B.K.S. Iyengar

Nothing can be forced, receptivity is everything.

~B.K.S. Iyengar

Yoga aims for complete awareness in everything you do.

~B.K.S. Iyengar

Yoga is a way of life; it is an art, a science, a philosophy.

~B.K.S. Iyengar

Through surrender the aspirant's ego is effaced, and . . . grace . . . pours down upon him like a torrential rain.

~B.K.S. Iyengar

If you have the right mind, your body can do anything.

~B.K.S. Iyengar

Yoga uses the body to discipline the mind and to reach the soul.

~B.K.S. Iyengar

The lotus grows in muddy waters but this flower does not show any trace of it: So we have to live in the world.

~B.K.S. Iyengar

Everybody should live quietly whether his experiences are happy or sad, whether they are successes or failures. That is contentment.

~B.K.S. Iyengar

Action is movement with intelligence

~B.K.S. Iyengar

Breath is the vehicle of consciousness and so, by its slow measured observation and distribution, we learn to tug our attention away from external desires toward a judicious, intelligent awareness.

~B.K.S. Iyengar

As leaves move in the wind, your mind moves with your breath.

~B.K.S. Iyengar

Mind is the king of the senses; breath is the king of the mind; and the nerves are king of the breath.

~B.K.S. Iyengar

Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions.

~B.K.S. Iyengar

A stable mind is like the hub of a wheel. The world may spin around you, but the mind is steady.

~B.K.S. Iyengar

In whatever you are doing, be one: body, soul, mind. Do it beautifully and with purity.

~B.K.S. Iyengar

Balance in the body is the foundation for balance in life.

~B.K.S. Iyengar

Focus on keeping your spine straight. It is the job of the spine to keep the brain alert.

~B.K.S. Iyengar

When you see a mistake in somebody else, try to find if you are making the same mistake.

~B.K.S. Iyengar

Health is not a commodity to be bargained for. It has to be earned through sweat.

~B.K.S. Iyengar

The body is the prop for the soul. So why not let the body be propped by a wall or a block?

~B.K.S. Iyengar

As we explore the soul, it is important to remember that this exploration will take place within nature (the body), for that is where and what we are.

~B.K.S. Iyengar

The highest point of yesterday should be the lowest point of today

~B.K.S. Iyengar

I can remain thoughtfully thoughtless, It is not an empty mind.

~B.K.S. Iyengar

One's spiritual realization lies in none other than how one walks among and interacts with one's fellow beings.

~B.K.S. Iyengar

By persistent and sustained practice, anyone and everyone can make the yoga journey and reach the goal of illumination and freedom.

~B.K.S. Iyengar

It is through the body that everything comes to the mind. It is through and with your body that you have to reach realization of being a spark of divinity. How can we neglect the temple of the spirit?

~B.K.S. Iyengar

Asana is perfect firmness of body, steadiness of intelligence, and benevolence of spirit.

~B.K.S. Iyengar

Change leads to disappointment if it is not sustained. Transformation is sustained change, and it is achieved through practice.

~B.K.S. Iyengar

If you can adapt to and balance in a world that is always moving and unstable, you learn how to become tolerant to the permanence of change and difference.

~B.K.S. Iyengar

The art of teaching is tolerance. Humbleness is the art of learning.

~B.K.S. Iyengar

Know your capacities and continually improve upon them.

~B.K.S. Iyengar

Words cannot convey the value of yoga - it has to be experienced.

~B.K.S. Iyengar

The hardness of a diamond is part of its usefulness, but its true value is in the light that shines through it.

~B.K.S. Iyengar

Spirituality is not some external goal that one must seek, but a part of the divine core of each of us, which we must reveal.

~B.K.S. Iyengar

If everyone practiced yoga, pharmacies would have to close.

~B.K.S. Iyengar

Do not stop trying just because perfection eludes you.

~B.K.S. Iyengar

We can rise above our limitations, only once we recognize them.

~B.K.S. Iyengar

There is no difference in souls, only the ideas about ourselves that we wear.

~B.K.S. Iyengar

If you practice yoga every day with perseverance, you will be able to face the turmoil of life with steadiness and maturity.

~B.K.S. Iyengar

Any action done with beauty and purity, and in complete harmony of body, mind and soul, is Art.

~B.K.S. Iyengar

Asanas penetrate deep into each layer of the body and ultimately into the consciousness itself.

~B.K.S. Iyengar

Confidence, clarity and compassion are essential qualities of a teacher.

~B.K.S. Iyengar

It is not yoga that injures, but the way one does yoga that leads to

injury.

~B.K.S. Iyengar

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