

Gary Kraftsow Quotes

*Yoga, Morning, People, Years, Teaching, Jobs, Mean, India, Moving, Sleep,
Psychology, Son, Interesting, Choices, Thinking, Wake Up, Europe, Good
Relationship, Night, Reality*

I like waking up in the morning when I don't have to get up and think about the next thing, and I can just be present with the feeling of being alive, I guess.

~Gary Kraftsow

Your experience is nutrition. You digest your experience and you grow from it.

~Gary Kraftsow

I know what the teaching is, but to realize the teaching in a life experience, the sh*t really is an opportunity to find out who we truly are. To really learn and to awaken to our potential.

~Gary Kraftsow

I have a son, and I was married for twenty years, and I got divorced, and there's a new woman in my life, and my son is 18, and I'm interested to see how he's growing.

~Gary Kraftsow

Waking up in the morning isn't a choice, you know.

~Gary Kraftsow

For me, life has been interesting and entertaining, and I'm interested and curious about what's going to happen each day.

~Gary Kraftsow

I'm here, and I know that it's finite; I know that I'm not going to always be here.

~Gary Kraftsow

My life hasn't been static - I spent a lot of time in Europe, a lot of time in India. So I traveled around a lot, and I kept moving.

~Gary Kraftsow

What I like the best is when I can be still and not move.

~Gary Kraftsow

We all have a dark side, and we have to confront our dark side. That's pop American psychology.

~Gary Kraftsow

I'm very happy when I have time to just be.

~Gary Kraftsow

Our job with our digestion is to absorb nutrients and eliminate waste, and to not dwell on the waste - which is my issue with some of the pop American psychology masquerading as Yoga, by the way.

~Gary Kraftsow

Even before I knew Yoga in this life, I was into that kind of thing.

~Gary Kraftsow

You're working yourself till late at night, and sleeping crazy with deadlines - you're doing it for a reason.

~Gary Kraftsow

Why I wake up in the morning is that I'm still alive, and I want to figure out whatever I can before it's over.

~Gary Kraftsow

Yoga teaching is that you're not your dark side or your woo-woo, you're pure awareness. Our job is to begin to gain that discrimination and insight so we can separate from our identification.

~Gary Kraftsow

My degree was in Depth Psychology and Religion, so I can really speak directly about pop American psychology masquerading as Yoga.

~Gary Kraftsow

It's going to be over fairly soon; it goes by quick. Even if I live till I'm one hundred, it's quick.

~Gary Kraftsow

I'm in a body, and when my sleep ends, I'm awake. I don't really understand the... that's not really a choice. I mean unless I chose to stay in bed, but I'd still be awake.

~Gary Kraftsow

I have projects in life that I'm engaged in, I have things that stimulate me in my life, that make me happy. But more interesting for me is: I'm still trying to figure it out.

~Gary Kraftsow

There's the kind of people like me, who spent years in India, have learned Sanskrit, have done this work deeply - they probably say for lifetimes - now interfacing [with the mainstream].

~Gary Kraftsow

Related Links:

- [Yoga Quotes](#)
- [Morning Quotes](#)
- [People Quotes](#)
- [Years Quotes](#)
- [Teaching Quotes](#)
- [Jobs Quotes](#)
- [Mean Quotes](#)
- [India Quotes](#)
- [Moving Quotes](#)
- [Sleep Quotes](#)
- [Psychology Quotes](#)
- [Son Quotes](#)
- [Interesting Quotes](#)
- [Choices Quotes](#)
- [Thinking Quotes](#)
- [Wake Up Quotes](#)
- [Europe Quotes](#)
- [Good Relationship Quotes](#)
- [Night Quotes](#)
- [Reality Quotes](#)