

# MC Yogi Quotes

*Yoga, Mind, Practice, Way, Moving, Fall, Real, Sound, Teach, Use, Firsts,  
Meditation, Profound, Helping, Reality, Tools, Grateful, Memories, Cutting,  
Chaotic*

The moment I remember to breathe and connect to what's real, connect to love, get grounded, get present, then everything has a way of sort of falling into place.

~MC Yogi

When we put gratitude first, what happens is we kind of shift the chemistry of the mind. We move from being acidic or egotistic to alkaline or divine.

~MC Yogi

Yoga teaches you aim for the highest first, and the highest is always love. From there everything else will follow.

~MC Yogi

The reality is that life, for all of us, is pretty stressful and we all need ways to cope.

~MC Yogi

Yoga is really the practice of seeing what's most important. Focusing on that first. Then it helps everything else sort of fall into alignment.

~MC Yogi

When I found yoga, I realized that I can direct my own mind through my yoga practice and meditation. I can actually create my own mood. That was a huge awakening for me.

~MC Yogi

Music is one of the sharpest blades that we have to cut through the thick entangled web of the external mind and lead us back into the silent cave of our own Heart.

~MC Yogi

I don't really begrudge anyone who uses substances, I just feel that yoga is a more sustainable way to find peace because it's from the

inside out.

~MC Yogi

Sound is a subtle form of speech and then more subtle than sound is silence and that's like the realm of being.

~MC Yogi

For me, my yoga practice is like putting a one in front of a lot of zeros. Without my practice, everything quickly becomes chaotic.

~MC Yogi

Sound is one of the best most powerful tools. All the ancient traditions confirm that in the beginning was the word. Sound sort of predates form.

~MC Yogi

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