

Rod Stryker

Quotes

Yoga, Meditation, Practice, Spiritual, Desire, Mean, Soul, Self, Powerful, Real, Destiny, Pain, Exercise, Thinking, Tradition, Needs, People, Lasting Happiness, Joy, Long

Do yoga in order to know what to do when you're not doing yoga.

~Rod Stryker

Once you know yourself as a genuine seeker, and when your own inner chamber is quite enlightened, then comes the natural unfoldment of pure love and compassion and a genuine desire to serve others.

~Rod Stryker

There is no doubt that the foundation of being a great yoga teacher is being a great yoga student.

~Rod Stryker

We are already complete. All we need is the clarity to recognize the wholeness that is us.

~Rod Stryker

The quality of your practice is ultimately measured by its effect on the quality of your life. In other words, mastery in yoga is mastery of life.

~Rod Stryker

If you make time for silence, the sacred will unfold.

~Rod Stryker

Stop trying to distinguish the joy of meditation from the messiness of life. Begin to see the divine in everything. She is in the joy just as much as the misery.

~Rod Stryker

In the end, yoga has less to do with what you can do with your body and more to do with the happiness that unfolds from realizing your full potential.

~Rod Stryker

From a yogic perspective, stillness, coupled with expanded awareness,

is by far the most powerful medium by which you can affect your destiny.

~Rod Stryker

Desire, instead of being an obstacle to an inspired and fulfilled life, is the very thing that propels you toward it.

~Rod Stryker

Your soul is boundlessly impassioned and always prepared to impart to you whatever you need to thrive.

~Rod Stryker

Clear perception is the cornerstone and an absolute necessity for living your best life - and that's exactly what the focus of a yoga practice should be all about.

~Rod Stryker

It's vital to understand that while you are alive, there is no end to desire, since the seed of your every thought and your every action is a desire.

~Rod Stryker

When yoga is understood in its totality, it is neither a form of exercise, nor is it an esoteric philosophy or religion; it is a practical and comprehensive science for realizing life's ultimate aims.

~Rod Stryker

Aligning yourself with the intelligence of the universe means coming to understand your life's purpose and applying it fearlessly to life's circumstances.

~Rod Stryker

For some people it may be kind of off-putting. But the idea that fear accompanies us at every step: the point is that our courage has to be bigger than our fear.

~Rod Stryker

The yoga tradition provides one of humankind's most effective systems for achieving enrichment and happiness in every aspect of life.

~Rod Stryker

The more you insist on improving who and what you are, the more you become master of your destiny.

~Rod Stryker

It is attachment to desire, not desire itself, that is the underlying cause of practically all of our pain and suffering.

~Rod Stryker

The yoga tradition addresses how to live and how to shape your life with a commanding sense of purpose, capacity and meaning.

~Rod Stryker

I am passionate about learning to most fully embody the spark that is the source of life, the hidden glory of the Creator.

~Rod Stryker

Of course, not all desires lead to happiness. Desires can and do lead to pain and frustration.

~Rod Stryker

Learning to honor all four of your soul's desires compels you to thrive at every level, leads to lasting happiness as well as a complete and balanced life.

~Rod Stryker

The yoga tradition asserts that lasting happiness is dependent on prospering both materially and spiritually.

~Rod Stryker

Fear is what inhibits us moving forward.

~Rod Stryker

Our self-acknowledgement, our dedication has to be bigger than our fear.

~Rod Stryker

Yoga is about life, this means all of life, not just part of it.

~Rod Stryker

Few things are more powerful than learning to trust that your path to a fulfilled life - and the glorious destiny that you are meant to share with the world - is part of your soul's blueprint.

~Rod Stryker

No matter how long you practice you sense there will always be something to learn, something more to embrace about yourself & life.

~Rod Stryker

According to the yoga tradition, fear is the source of disease, decay - physical harm, when we're not thriving. And then finally, it's even the cause of death.

~Rod Stryker

I came into this world restless despite many appearances to the contrary. Does that make me unique? I doubt it.

~Rod Stryker

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