

In the beginning there was nothing and out of the nothingness there came *Spanda*. Came what?



Spanda is a Sanskrit term for the subtle creative pulse of the universe as it manifests into the dynamism of living form. *Spanda* can be translated to mean vibration, movement, or motion, referring to waves of activity issuing forth from an unseen source of spontaneous expression. On a more personal level, *spanda* refers to consciousness as it orients through thought and intention to organize into authentic action. You may experience *spanda* as a desire to live according to your own innermost urging, act in line with your interest, follow your curiosity, and attend to your body's natural rhythms as they harmonize within the grander scale of natural life seasons and cycles.

Living in a way that keeps us connected to our core beliefs and desires brings health, stamina, and joy. When we lose our creative "spark" or *spanda*, disconnecting from our own personal expression of vitality, we lose energy, focus, and a sense of well-being and may eventually fall ill. Connecting with what drives us, feeling that presence in our bodies, is also when we are most aligned with the natural spontaneity that defines life processes.

Yoga practice encourages this conscious connection. Through yoga we learn to listen attentively to our own inner guidance as well as work creatively with the archetypal forms and timeless instructions passed down through the millennia.