

A decorative border with a repeating scrollwork pattern surrounds the central text.

Fire of Love

FOR STUDENTS OF LIFE, FOR TEACHERS OF YOGA

Aadil Palkhivala



THE INNERWORKS COMPANY

Fire of Love: For Students of Life, For Teachers of Yoga
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Preface

Yoga is everywhere, yet hardly anywhere at all. It is so extremely well known that it is barely understood. Yoga has spread so wide that it is deep no more. It was once a carefully guarded secret and a profoundly esoteric tradition, but today, yoga's subtle essence has evaporated in the heat of the media spotlight, its true purpose trampled by crowds rushing to be part of the craze.

Yoga sells, so anything is now being called yoga. Yoga is sold as a replacement for various exercise forms while being twisted and perverted to take the shape of whatever it is replacing. As a sad result, people claiming to do "yoga" are competing to be the best in class, straining to achieve the most impressive-looking poses, and striving for hard bodies with "buns of steel!" Yet yoga is not aerobics, not gymnastics, not dance, but a magnificent art and science reaching far, far beyond mere exercise.

True yoga is not about the shape of your body, but the shape of your life. Yoga is not to be performed; yoga is to be lived. Yoga doesn't care about what you have been; yoga cares about the person you are becoming. Yoga is designed for a vast and profound purpose, and for it to be truly called yoga, its essence must be embodied.

This book is for students of yogic living. It is also for teachers of yoga. Its purpose (along with that of its future companions) is to reveal and restore the lost essence of yoga, to infuse the practice and teaching of contemporary yoga with its ancient and future message — the message of the heart, the message of Light.

This book serves as an introduction to *Purna Yoga*. Purna means "whole" or "complete." Purna Yoga is complete, having for its domain not only the body, mind, and spirit, but also the expanse of the Heart Center. Purna Yoga is an evolving yoga — learning from the past, acting in the present, and moving into the future.

I encourage you to read this book aloud and enjoy the music in the words. This book has been written slowly and carefully, and you will best absorb its layers of meaning by reading it at a similar tempo. I suggest reading a chapter several times and integrating it into your life before going on to the next chapter.

Obscurity is often associated with profundity, and clarity with simple-mindedness, yet in these pages, I have tried to be as clear as I can. My hope is that you will find my simple words to be transparent, a magnifying glass that reveals the concealed yet profound ideas lying at the heart of yoga.

I started my teaching career at the age of fifteen with a focus on *asana*. With time and maturity, my vision continues to expand, attempting to embrace the infinite vastness of Purna Yoga. After four decades of practice and more than three decades of teaching, I offer you this book with humility, gratitude, and joy.

— Aadil

