

5 The Echo Effect

There is an ancient book called *The King of Meditation Sutra*, spoken by The Buddha 2,500 years ago. It tells the following story—

A man is standing in the midst of a forest;
He begins to sing, and he laughs in joy.
Both song and laughter echo back to him,
But none of it is real.
Understand that everything there ever is
Is just the same.

This is called the Echo Effect. The point is that everything that ever happens to us in our entire life is simply an echo that is bouncing back to us from how we have taken care of other people.

Remember; we're not talking about just *some* of the things that happen to us. Every bad thing, every good thing, the slightest breeze, the stars in the sky, cancer, a lover's smile. All an exact reflection of how we are treating other people.

Sort of depressing sometimes. Sort of empowering too. Every morning when you get up you can make a short list of all the things you'd like to change in your life, and really change them. For example:

If there is someone who irritates you, who criticizes you during the day, it's all just bouncing back to you because, earlier, you criticized someone else.

Want to fix it? Be *very very* careful not to criticize anyone today, or this week. Dedicate it to this other person who criticizes you. You'll see them change. You never have to talk to them; you don't need to focus on them at all. Just do it with others.

Besides, it's *fun* being careful not to be critical of others. Everyone will like you more.

How does this apply to your yoga? By itself, yoga is empty. It can't do anything to help you or hurt you. If you've been taking care of others, your yoga will echo back and work for you. If not, your yoga won't do much for you—you'll probably just quit after a while.

So get going, and use the Echo Effect.