**An Ode**

A lyric poem in the form of an address to a particular subject

often elevated in style or manner and written in varied or

irregular meter.

**Perfection**

It is the condition, style or quality of being free or as free as possible from all the flaws or defects.

It means a person or a thing perceived as the embodiment of such a condition, state or quality.

Yogacharya Dr. BKS Iyangar with his intellectual and spiritual practice has masterminded the techniques which can be used by practitioners of yoga. It is indeed pleasant to know that Guruji has been listed as one of the 100 most influential personalities in the world under the category of ‘Heroes and Icons’ by the Times of India in 2011.

Guruji has achieved excellence in the unity of mind, intelligence and emotions in yoga asanas. When he practices, it seems as if an artist is at work. There are thousands of pictures displayed on the walls of the RIMYI which illustrate his skills. Take any picture, for example the Shvanasan-the dog pose- his two legs look like one and there is sharp slope of his entire spine towards the hands, as if a sculpture has shaped it so. The teachers use these illustrations to make the students go in the particular asana. Further Guruji liberates his soul from the self in the asanas-s, and achieves total subservience (feeling less important) of ego. Iyangar Yoga is known globally as Guruji has trained the teachers who educate the students all over the world.

I would like to offer this garland of words in the form of an ode to our beloved Guruji on his 94th birthday.

***Ode to perfection***

O Excellence!

Where the senses of perception

meet the mind

and then both

come in the contact with intelligence-

the discriminative mind.

Where the duality of mind

the instinctive and the intuitive intelligence

are brought together

and lead to awareness or meditation.

The end aim of yoga is achieved-

Total attention with total awareness.

O Sublime!

Where the precision and beauty make the *asana;*

where the regular practice

integrates the body, mind and emotions,

in practice the artist is at work.

Where *pranmaykosa*

brings balance with *annamayakosa.*

Thus the *sadhana* and dedication

is translated in finding

the true meaning of

the emancipation of soul

and subservience of the ego.

O Union!

Where the body is united to the mind

and mind to the intelligence,

the intelligence to the *chitta,*

the *chitta* with the self-consciousness

and the self is united with God.

Where this art is further made global

by the brilliant off springs,

the trained teachers and disciples,

with the net of the institutions.

A common man can dip in the ocean

and be a part of this union.

Who is the embodiment of the excellence?

No one else than our guruji.

Who is that sublime?

Our guruji.

Who is the personification of this union?

Only and only our guruji.

Who is this century’s metaphor of Ptanjali?

Our guruji.

Who is the influential hero and icon of yoga?

Doubtlessly our guruji.

Who is the embodiment of perfection in yoga?

None other than our revered guruji.

Dr BKS Iyangar - the Yogacharya.

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