**Guruji Tribute 2015**

The most inspiring and informative aspect of my annual visits to RIMYI over the past 10 years was watching Guruji practice or seeing him break away from his own practice to generously instruct a nearby student. From those golden moments, I gained increasing understanding of what a practice should be. And, when I think about Guruji these days, it’s those times I recall and often share with my students.

Guruji approached his own practice in a very receptive, curious, and enthusiastic manner, and he worked tirelessly to help others do the same. Year after year, I heard Guruji ask students to look at each pose with fresh eyes, to not do yesterday’s pose today. Again and again, he implored students to not work mechanically but to see the effects of the actions they were giving their body and to readjust accordingly.

Now, after 28 years of practice, it’s clear to me that it’s by practicing as Guruji advised that we progress, on all levels, from the gross to the subtle. This is how we penetrate inward. And, when we practice in this manner, not only do we do ourselves a good turn but we honor Guruji for all that he so tirelessly and generously shared.

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