

Intolerance ?

Racism ?

Yoga teaches us tolerance and love for the whole universe.

Some months ago scientists found in their research something that left them puzzled.

They discovered that human DNA structure is less complex than they had thought and it's very similar to animal DNA.

Upset by this discovery, which threatens human supremacy, the scientific community is frantically looking for confirmation that proves and guarantees that human beings are highly superior to the despised animals.

In addition there is another prejudice which is about to become obsolete: *it has long been thought animals were created to serve and feed human beings in the same way that the universe only exists so that human race can be at the centre of it.*

But earthquakes, animal disease, like the mad cow disease, or heavy downpours are enough for people to feel totally helpless and insignificant.

Man seems to exorcise his weakness pretending that his race is superior.

How many times must we bang our heads against the wall before realizing the uniqueness of life?

It's precisely this misunderstanding of life that brings us an illusionary vision of things, divided in good things and bad things, and of our roles.

This is the root cause of intolerance and racism.

I, as a human being, belonging to the animal reign, am superior to the animal seen as an ensemble of cells apparently different from mine. Consequently I am superior to other human beings physically different from me.

Any diversity is considered an abnormal product of nature.

The lack of awareness of belonging to the whole, to the one, generates intolerance and racism.

Yoga philosophy has taught for thousands of years that any creature and thing possess three qualities called Guna: Sattva: white, elevated, spiritual, conscious; Rajas: red, active, moving, passionate and Tamas: black, solid, lethargic, static.

If we understand this concept we will be able to eliminate all racial discrimination.

If the human being dedicates himself to the elevation of his spirit he will be composed mainly of Sattva, which reinforces his spiritual side; by a certain dose of Rajas, which helps him to ascend to the spirit and by a small part of Tamas, which allows him to maintain his spiritual quest.

If a human being is more attached to the material world, the doses will be inverted. What about this composition in animals, who, although they are our way to interface with nature, are still considered inferior?

Also animals are made of Sattva, which gives them the awareness of being an animal. They possess more Rajas if they are full of energy and more Tamas if they are very quiet, as, for example, is the sloth.

And a stone?

Stone possesses a considerable dose of Tamas, which gives it its compactness; a certain dose of Rajas because also stones are subject to changes, and a sufficient dose of Sattva, which makes it aware of being a stone and not something else.

These three qualities are also common in the plant kingdom.

To conclude, in the light of this knowledge, is there still someone who wants to continue to be racist?

Hari Om Tat Sat
Emy Blesio

What follows is poetry about racism

Apartheid

A scream ... a silent scream
Rips spaces,
Crosses borders ... barriers
We hear it but we don't listen
Someone stops ...
Someone stops running
Who is it? A child?
What's his colour?
Blue!
... he's only a blue child.

His blood flows ... flows ...
Red blood ...
But ... wasn't he ... a blue child?
He has the same blood as me.
He's ... dead ...
He turns his back. He was a blue child!
He WAS... a blue child ...

Who is screaming? Who's still screaming now?
Someone is still screaming trying to cross borders and rip time
Who keeps disturbing our tranquil peace?
Who is it? A mother?
What's her colour?
Blue!
She's only a blue mother crying for a blue child
Emy
(gentilmente tradotto da Paola Carbone)