

# *infinity symbol*

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## **Why is infinity the symbol for Akasha Yoga™?**

### **Eternal**

The Akasha is eternal and ever-expanding, so there is no better symbol to represent the practice than the infinity symbol.

### **Paradox**

We humans live within a paradox. There are two parts to us - the nonphysical us and the human us. On the nonphysical, soul level, we are perfect in every way. Conversely, on the human, physical level we may be suffering from a very real limitation such as a mental or physical illness, a financial hardship or a relationship problem. It is a seemingly conflicting truth that while our infinite soul is perfect and well, our human self could be suffering from a terminal (yet temporary) situation. One way to reconcile this paradox is to accept that these two truths exist simultaneously in two different dimensions and do not negate one another. Once we see through the illusion and understand the paradox, we understand that no situation, illness, or disaster is an expression of our soul, rather experiences we have on the human level are to grow and expand on the soul level.

The infinity symbol represents both dimensions. The left side representing the human us and the right side representing the nonphysical us; both existing simultaneously.

### **Yin vs Yang**

Asanas, movement in yoga, is a substantial part of each Akasha Yoga class. Movements are used to encourage the flow of life force energy, and to release stored + unwanted energy.

Yang and yin poses are used at the discretion of the teacher; yang to encourage the flow of life force energy and yin to release stored + unwanted energy.

The infinity symbol represents both the yin and yang. The left side representing the yin movements and the right side representing the yang movements.

### **Unaligned vs Aligned**

The ultimate goal in Akasha Yoga is to achieve an aligned (balanced) state in which we have access to the frequency and wisdom of the Akasha. The 8-fields that are explored during an Akasha Yoga class are the catalyst for students to achieve this alignment. As humans, we often try to place people in boxes. Whether that's gender boxes, age boxes, sexual orientation boxes, status boxes, religious boxes, political boxes (you get the idea). However, in the wisdom of the Akasha, there are only two "boxes" – aligned or unaligned. As humans we are moving in and out of these two states based on our frequency.

First, the infinity symbol represents the 8 fields (as the #8) that we use to come into alignment.

Second, the infinity symbol represents both of our states of being (aligned and unaligned). The left side representing the unaligned state and the right side representing the aligned state.