

## Yoga and Meditation: Peace with the Self

*Yoga for Peace and Meditation for Peace programs will take place during Peace Day Philly this year. Find, create, cultivate, and practice peace with the Self.*

*By Mariko Siegert*

**September 1**--Peace Day Philly is excited to have [Yoga for Peace](#) (including vinyasa yoga, meditation, Drum Circle, and Feast for Peace) on Sunday, **Sept. 18** and [Meditation for Peace](#) on Tuesday, **Sept. 20**.

More and more people in the U.S. and around the world are appreciating and practicing yoga and meditation now, but *what are they, really?*

I would like to introduce a couple of quotes:

“This world is your body. This world is a great school. This world is your silent teacher.” - Swami Sivananda, Yoga Master

“Meditation practice isn’t about trying to throw ourselves away and become something better; it’s about befriending who we are” - Ani Pema Chodron, American Tibetan Buddhist

According to [Lateef Warnick](#), yoga means ‘union’ between the Self and God/Higher Power, and activities to obtain this union, whereas meditation, derived from the word ‘dhyana’, means awareness or consciousness, and is the seventh step (out of eight) of the yoga practice. Warnick suggests yoga has an emphasis on the ‘doing’ and meditation on the ‘being.’ The ultimate goal of yoga (and meditation) is for one to find the union, learn to control life force (both external and internal) through acceptance of, and peace with, the Self and the present situation.

We worry--it is hard not to worry. [A poll by the American Psychological Association \(APA\)](#) in 2014 found that over 64% of the respondents worried about their financial issues, followed by work (60%), family responsibilities (47%), and health concerns (46%), with 1 out of 4 experiencing ‘extreme stress’ over their financial concerns and 3 out of 4 worrying about their finances ‘some of the time.’ APA says that one of the most commonly used coping methods is ‘talking with friends’ but sometimes, you may feel bad for turning to them, or they may not be available. Learning and practicing yoga and/or meditation can help you attain better balance and empower you to be more peaceful - toward yourself and in relationships with others.

Said Sarah Murphy of Transformative Therapy, Lead Organizer for the Yoga for Peace event: *“Practicing yoga has been invaluable to me and thousands of others in learning who I am, and who I am not. I am not my thoughts; I am not my feelings; I am not my body. For many of us, the yoga mat is the place where we first learn to quiet our minds. On our mats we learn to observe our reaction to challenging situations and to detach from those reactions. The mat is both a metaphor and a training ground for life.”*

You can learn more about yoga and meditation, and how to practice them, during PDP this year. Both events are free. Mark your calendar, bring your friends, family, or simply yourself (and yoga mat for yoga, and if you would like, food for the Feast later during the event).

**Sunday, Sept. 18, beginning at 10am - [Yoga for Peace](#)** (includes drum circle, vinyasa yoga, meditation and Feast for Peace - come to some or come to all.)

**Tuesday, Sept. 20, 6-8pm [Meditation for Peace](#)** (guest speakers/facilitators will be a mindfulness practitioner and practitioners of 2 different buddhist faiths)

**For the full PDP 2016 schedule and event information, click [here](#).**