

Failure

Mira Mehta

SCHERZO

Luck in love after carousing
Too much took a draught
To fall sleeping and slumbered
Too long; he awoke
With a start, leapt out of bed
In a hurry and kissed
Whomsoever he met.

How often do we see that a small error of judgement has enormous consequences that alter the course of life altogether! It is not easy to foresee the outcome of our actions, as each of us is enclosed within our own cage of thoughts that limits our vision. This is where the wisdom of others helps us to think and act judiciously.

Carelessness, according to Yoga philosophy, is one of nine obstacles that prevents attainment of the goal: in the case of Yoga, this is steadiness of mind. The others are illness, **apathy (?dullness)**, doubt, laziness, **addiction to sensual pleasures (?non-stop sensual indulgence)**, false views, non-achievement of a level and lack of consolidation.¹

These obstacles to progress are accompanied by certain physical and physiological symptoms: pain, low spirits, body tremors and altered inhalations and exhalations.²

By examining the symptoms the cause of the problem can be diagnosed. When the cause is known, this is the first step towards the cure.

¹ Yoga Sutra 1.30

² Yoga Sutra 1.31

The poem is taken from Mira Mehta's book *Cascade of Stars*, published by Shephard-Walwyn (www.shephard-walwyn.co.uk). For information about her classes and other publications visit www.yogicpath.com.