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IAYT supports research and education in Yoga, and serves as a professional organization for Yoga teachers and Yoga therapists worldwide. Our mission is to establish Yoga as a recognized and respected therapy.

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HOW TO SUBMIT TO YOGA THERAPY TODAY

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Email a query or completed article to: jdeife@iayt.org. *Yoga Therapy Today* relies on submissions from the membership. Please submit reports and articles on training, business, practice, views and insights of the field and profession of Yoga therapy. Brief articles should be 800–1000 words; feature articles should be 1500–2500 words. Articles are reviewed and accepted on a rolling basis and may be submitted at any time.

You may also contact Julie Deife, editor, by mail at: P.O. Box 867, Corrales, NM, 87048.

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Our Nature to Serve



As I write this short message, the people of Haiti have just seen 35 days pass since the earthquake that killed over 230,000 people. Soon after it struck, volunteers from all over the world rushed in as fast as they could while the world watched—literally moment-by-moment—as special-force's teams comprised of medical personnel, search-and-rescue specialists, and peacekeepers arrived. They saved hearts and lives. In times like these,

the world knows that we are all one—otherwise could we be so touched by feelings of pain and loss in others? To the people suffering this tragic event, there are probably few among us who were unable to feel compassion and find ways to offer help.

But it doesn't take mind-numbing events like the 2010 Haitian earthquake (or Hurricane Katrina, or the 2004 Asian tsunami, or 9/11) to instigate empathic responses for our fellow humans. We are wired for empathy and compassion and we know instinctively that helping others comes naturally. Even as we mourn with Haiti, we honor a great gift that we as humans have. As Jeremy Rifkin writes in his new book *The Empathic Civilization*: "It is the empathetic moments in one's life that are the most powerful memories and the experiences that comfort and give a sense of connection, participation, and meaning to one's sojourn." And we in Yoga also have a foundation that embodies empathy in our practice—*seva*, or selfless service.

That is why I selected articles for this issue's feature section from two Yoga therapists that bring home the message of *seva*. "Community Care and how Yoga serves the Chronically Ill" by Cyndi Terry Kershner is rich not only with information that includes the Yoga therapy program she developed and implemented to fulfill her role as part of a volunteer team organized around the needs of a man at the end-stage of Lou Gehrig's disease, but also with the power of a healing web spun by caring people offering whatever services they could. In a smaller way than that of a gigantic relief effort, Cyndi and others served, bringing together an entire healing community. Service is also what Katie Tandon writes about in "Seva as Saving Grace," although hers is a different approach in that she has successfully guided patients, through her work as a clinical psychologist, to adopt *seva* as a therapy in resolving their own serious conditions that require emotional healing. Both of these women help us remember that while healing may sometimes come as a result of using specific techniques appropriate to the individual and his or her conditions, that without empathy and conscious selfless interaction with others the healing for either the giver or receiver would not be complete.

Understanding that to see oneself in others and to experience another's plight or condition is part of the very fabric of the healing paradigm. As Yoga therapy finds its expression in what could be the unfolding of a new era of healing, we are ready to claim our place as Yogis and embrace that which we "know" to be true. Service heals is one truth of our practice and our culture of Yoga is one that can help heal the world.

In Service,
Julie Deife