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In Meditations from the Mat, the quotes also remind us that yoga is not an alien philosophy; rather, yoga helps us to remember what we already know. The quotes show that we are all practicing yoga all of the time. Yoga is the deep resonance of a great lyric; it is the essence of a grandmother's advice; it is in the galvanizing ethos of Ghandi or Martin Luther King Jr.; it is our mind reflecting God's mind over and over again. And we get glimpses of this in the quotes.

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