

# Have You Seen The Wolves Dressed Up As Sheep?

*BY KAREN PALLISGAARD*

Have you noticed the rise of hatred? Have you seen the spread of darkness? Do you hear the old imperialistic language of inquisitors raise their voices against the free seekers of personal truths?

Have you witnessed words twisted and sentences torn into pieces to frame the transparent ones as frauds? Have you watched the direction the intimidated and jealous go when they can't stand to see another's happiness unspoiled by their assaults?

Have you encountered the bitter and brainwashed herded anonymously with whispered instructions into strategic position in the biggest growing non-religious cult called the anti-cult movement?

Have you watched the ganging up, the taunting, the bullying of clear thinkers by forcing them into submission and confessions of wrong-doing using the very same authoritative, narrow minded, malice-powered means they are fed by and then claim to abhor and protect you from?

I asked [Uma Inder](#) what she thinks is the biggest challenge for the modern man, and how yoga can help. Read and learn, loves, from my dear teacher...

**Uma:**

Have you detected the hatred breeding in the abyss of self-initiated separation in those who rise now to punish what they can no longer control? Have you seen how "post-truth", "post-sense" and "alternative fact" have taken a hold, a stronghold that infiltrates and officiates our day to day? Have you seen

the wolves dressed up as sheep?

This is our challenge. We have to see. We have to wake up to what is happening under our very nose. Under our own skin. Our challenge is to sustain self-awareness and protect our facilities to self-reflect even as the waves of denatured terrorism wash over our senses. Even as the brains of modern man become more gradually divorced from the one reality before one even realises it and can respond to, freely.

I am a scapegoat. From my position on the “sacrificial altar”, I have an under-view. I can see and better understand from this angle what is rising up above me and what it is ultimately targeting. I am not alone. There will be more scapegoats relative to our inevitable awakening. And the Yoga is one way to prepare the nervous system and energy reserves for the work of seeing through the veils all the way to source as source. Yoga turns the scapegoat into a “Golden Fleece” through the workings of its alchemy.

Indeed, it is because of the great rise of Yoga, that there are greater forces rising against those who are now empowered by it. Meaning that as we become free, more empowered, more self-sufficient, more self-possessed, there will be those, as in ages past, who will amplify the elaborate and undetected campaigns that turn mass mentality into fodder for the masterminds of power for powers sake.

Yoga restores a sense of embodied independence and interconnectivity at all levels of being. Yoga induces centered, self-validated self-esteem. And this is all made possible simply, freely, through conscious access to our own nervous system by mastering the orientation and movements of breath—as we move receptive and responsive to how we truly, fearlessly feel.

If you have a question you'd like Uma to answer, please send it to [info@karenpallisgaard.com](mailto:info@karenpallisgaard.com). Read more about Uma [here](#).

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