



Question: Do you have a physical location - are you a school?

Answer: The Science of Identity Foundation and organizations associated or affiliated with it have numerous centers located throughout the world. Additionally, we work in the community making the teachings of yoga available at hospitals, old age homes, fitness clubs, spas, community centers, etc.

Question: Who founded The Science of Identity Foundation?

Answer: The Science of Identity Foundation was established by Jagad Guru Chris Butler in 1977 to offer to the public ancient yoga wisdom and techniques that individuals can apply in their own lives to optimize their physical, mental, and spiritual well-being. Many of his students and disciples around the world have formed their own yoga organizations and schools.

Question: Do you teach? Where?

Answer: Yes, we teach the many practices and branches of yoga including yoga exercise, breathing, relaxation, yoga philosophy, yoga lifestyle, karma yoga, and more. The SIF makes these ancient teachings available to a modern audience through television, internet, books and audio and video recordings, as well as our work in our centers and community settings.

Question: Why do you do what you do?

Answer: SIF is an educational organization set up for the purpose of spreading the ancient yoga teachings as taught through the ancient Brahma Madhva Gaudiya Vaishnava tradition and lineage. Part of the system of yoga is the practice of karma yoga whereby a person finds fulfillment through service to others. The teaching and work of the SIF is the attempt by Jagad

Guru Chris Butler to offer service to others by disseminating yoga wisdom to as many people as possible.

Question: What do you mean by science?

Answer: Science is a quest to know the truth by direct perception, rather than through a belief system. This is also the goal of all yoga processes, to allow the aspirant to experience direct perception. The yogi, like the modern scientist, employs the laws of logic and observation, but does not limit his search for the truth only to that which is outside of himself. His scientific research also involves inner work—for example, observation of and learning about the nature of his mind, his behavior, his actions, etc. The word ‘science’ differentiates yoga from a ‘religious’ belief system.

Question: How does that relate to Identity?

Answer: Discovering the truth of our identity, also known as self realization (i.e. our true essence and relationship to the physical body, the mind, etc.) is vital to realizing the actual purpose of life and where actual happiness is found.

Question: What does yoga have to do with science and identity? What does the “science of yoga” mean?

Answer: The goal of all yoga processes is to lead one to a correct understanding of oneself and the world in which we live; and, furthermore, to apply that correct understanding in life. Unlike religion, in which an individual may believe or not believe in something (regardless of its truth or untruth) the process of yoga is one which allows a person to experience direct perception of the truth. In other words, it is a science, and as a science it is a quest to understand or know the truth as it is—regardless of whether the yoga practitioner wants to believe that truth or not. True understanding of the nature of things and their actual relationships is known as self-realization. Acting on the basis of that self-realization is known as wisdom.