

# Lakshmi

November 14 we celebrate the Day of Mahalakshmi – the goddess of bounty, who awakens us to the divine principle of abundance in our lives. In India this day is widely celebrated – homes are cleaned thoroughly in order to honor Lakshmi. Small candles are put around the homes in order to light the path to enable Lakshmi to come into the homes of the devotees. We often listen to the Mahalakshmi Stotram – the hymn to Lakshmi – at the end of the practice. It is the custom to sing the verses three times – the first to destroy our sins, the second to enable wealth and prosperity to enter our lives. But the most important is the third time through; it is believed that Lakshmi will clear the path to destroy our worst enemy: the ego.

## Asanas



Parsva  
Padangusthasana  
Twisted Big Toe



Anjaneyasana  
Lunge  
(variation)



Uttanasana  
Twist Variation



Parsvakonasana  
Side Angle Stretch  
(variation)



Parsvottanasana  
Triangle Forward Bend



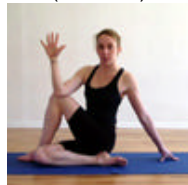
Adho Mukha  
Svanasana  
Down Dog (var)



Setu Bandha  
Sarvangasana



Gomukhasana  
Cow-face pose



Ardha  
Matsyendrasana  
Seated Twist



Ardha Jathara  
Parivartanasana  
Supine Twist

**Application.** To honor Lakshmi in your practice this week, keep your focus on the breath, to enable your mind to slow down and to be rid of self-limiting thoughts. You may want to incorporate additional breaths as you hold the asanas longer. Start with at least three deep inhales through the nose, and long exhales through the nose. Increase the holds to four, then five breaths. Especially those poses that involve twists, keep progressing into a deeper form of the twist as you continue your focus on the breath.