

# Audarya—Generosity

Audarya means generosity — also nobility and magniminity. It is an offering without attachment, an offering from the heart. Sanskrit words enable us to expand our view through discovering and contemplating the meaning of words, and applying those qualities to our daily lives. When I first thought about generosity, I thought of gift giving, and how the act of giving opens my heart. After contemplating audaria, I understand that generosity is not about providing others with gifts. Roots of the word included meanings like surrender, yet suggests action taken and given with a superior quality. In Anusara yoga, we bow to our own greatness in our asana practice as we chant the opening invocation and throughout the practice. But so often we lose sight of our special qualities. Thoughts of generosity enable me to let go and surrender to my own special qualities by offering my actions to others.

## Asanas



Virabhadrasana  
Warrior 1  
(variation)



Adho Mukha  
Svanasana  
Down Dog



Eka Pada Raja  
Kapotasana  
Pigeon



Virabhadrasana  
Warrior 2



Parsvakonasana  
Side Angle  
Stretch



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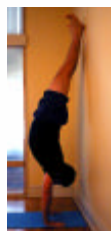
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Parsvakonasana  
Side Angle  
Variation



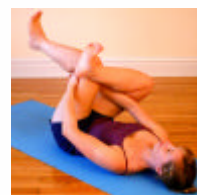
Urdhva Mukha  
Vrksasana  
Handstand



Dhanurasana  
Bow



Janu Sirsasana  
Half Bound  
Angle



Sucirandrasana  
Eye of the  
Needle

**Application:** Think of someone in your life that you may wish to offer your practice to today. See the power of giving your actions generously. By making an offering, you become closer to your practice of the asana and to that person that you honor in your practice. See other sequences for your daily practice -- [www.fulcrumblu.com](http://www.fulcrumblu.com).

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