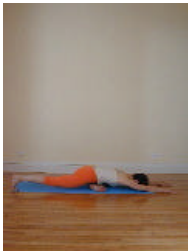


Cintana

One spiritual practice that hatha yoga enables us to further our practice is contemplation – the Sanskrit name for contemplation is cintana. When I was first told of this as a spiritual discipline, I thought it was odd that there was method to such a practice. But the practice of cintana is more than simply hanging out with an idea or thought for an extended period of time. We might be tempted to associate the practice of contemplation with the inability to make a decision, or to our own lack of action. After studying the practice at Shree Muktananda Ashram, I discovered how important it is to ensure that concentration and contemplation are part of our daily discipline with respect to speech. Cintana enables greater power in our words – especially in our ability to discriminate what should be said, and what should be left unsaid.

Asanas



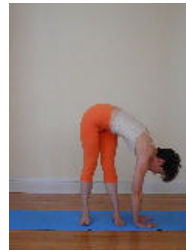
Eka Pada Raja
Kapotasana
Pigeon



Virabhadrasana 1
Warrior 1



Parsvakonasana
Side Angle



Uttanasana
Forward Bend (var)



Virabhadrasana 2
Warrior 2



Sirsasana (var)
Headstand
(Variation)



Ustrasana
Camel



Ardha
Matsyendrasana
Seated Twist



Paschimottasana
Seated Forward
Bend



Sarvangasana
Shoulder Stand

Application. The practice of hatha yoga enables us to bring ourselves into deeper contemplation and enables us to deepen our other spiritual practices such as meditation. Allow the asana to take you deeper into contemplation – of the pose, and of your breath to begin. You will find that your mind is able to discipline its thoughts to enable you to increase your attention span and dwell in each moment. (See www.fulcrumblu.com for more practice sheets.)

Photos: Alyce Hensen

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