

Completion

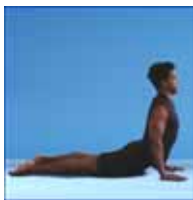
When people come to my home or studio, I often like to welcome them with a cup of tea. Sometimes, I wait for my guests to pick out a specific kind from my collection. Other times, I've already emptied a fragrant spoonful of tea leaves into large handcrafted mugs before the doorbell rings. Nothing more to do – except wait for the kettle to whistle. And I love that sound. Before the tea can be enjoyed, the leaves need to steep, but for that moment I know the water's reached a boil. It's DONE. Our lives can feel so complex at times. With so many things up in the air at any moment, it seems so nice to recognize when something has actually come to completion in its cycle. But what about conversations, or research, or relationships... Sometimes, I wish there could be a virtual whistle, just like the one my tea kettle makes, for all areas of my life; some indisputable signal to tell me when the energy I am giving to a specific purpose has come to its proper conclusion.



FULCRUM BLU

Rita E. Knorr

2847 West Palmer Street · 3
Chicago, Illinois 60647
773.252.7482 tel
773.252.2842 fax
e-mail: ritaknorr@aol.com



Bhujangasana



Ardha Chandrasana



Prasarita
Padottanasana



Prasarita
Padottanasana



Uttanasana



Sirsasana



Pigeon



Bekasana



Navasana



Matsyendrasana

Application: How about each posture performed in a yoga practice? When is one done? When you perform each asana, consider the form you are trying to achieve and what “extension” may mean in each instance. “Extension” in a stretch may be different than the “extension” involved in spreading one’s toes or rooting into the ground. When doing a twisting pose, can you think of the many changes in perspective you experienced while some part of you held firm? Ask yourself, “How far can I go in what I am doing right now?” Check in with your heart, and ask yourself, “Have I received everything I can from this experience?”

Photos by Alyce Henson