

# Contemplation

When we move in the asanas or postures of hatha yoga, we are preparing the body and mind for stillness. Through that stillness we are able to tune in to the intelligence of the heart. Thinking enables our mind to organize and plan, question and solve, and strategize and explore in so many creative ways when we focus on specific subjects or tasks at hand. But when we apply the practice of contemplation, we discipline the mind to focus on something in nature, a spiritual commentary, or an inspirational reading. Thinking which takes us from subject to subject; dissecting and analyzing, and enabling the activities of the day to intertwine in the exploration. We can learn to listen to the intelligence of the heart through quieting the random thoughts, and taking our focus back to a specific object or feeling. Practice enables us to still the mind and enable longer gaps, or pauses between thoughts.

## Ansanas



Runners Stretch



Downward Dog



Uttanasana  
Standing Forward  
Bend



Parsvottanasana



Malasana



Sirsasana  
Headstand



Dandasana



Janu Sirsasana



Sucirandrasana



Supta Padangus-  
tasana



FULCRUM BLU

Rita E. Knorr

216 14th Ave., NE  
St. Petersburg, FL 33701  
727.896.3692 tel  
e-mail rita@fulcrumblu.com

**Application.** In this practice, work to focus the breath and allow for expansion. The forward bends in this practice are useful in drawing you in physically which also assists in quieting the mind, so that great attention can be given to the stillness. This sequence is restorative, and enables the mind to quiet. As fewer thoughts develop, you can focus the attention to an item for contemplation, and practice holding the attention through attunement to the breath.

Photos by Alyce Henson.