

Darshan

The company of a great being is magical. When you are able to be with a person that has devoted their life to a cause, principle, or practice that is spiritually uplifting to you, the experience enables you to absorb some of the qualities of that person. It is said that when you are around great beings, you are able to detach from your faults and your sense of defects that we all carry with us in our daily lives. Instead, you become immersed in what seems to be a transformational bath — where faults and impurities are washed away. It is for this purpose that we seek the teachings of great beings, because such experiences give us the understanding of our true selves by merging with and becoming totally absorbed in the state of the great being.

Asanas



Chaturanga
Dandasana
Low Plank



Eight Point Pose



Adho Mukha
Svansana
Downward Dog



Adho Mukha
Vrksasana
Handstand



Parsva Anjane-
yasana
Twisted Lunge



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Anjaneyasana
Lunge variation



Salabhasana
Locust



Urdhva Dha-
nurasana
Backbend



Bekasana
Frog



Parsva Janu
Sirsasana
Twisted Half
Bound Angle

Application: Use the daily practice as darshan. You may begin to see how returning to the sticky mat in the same physical space, perhaps the same yoga garments, enables you to transcend into the presence and visions of true beings. Use the darshan to create a vision of your true nature, your true goodness. See other lessons for your daily practice -- www.fulcrumblu.com.

Photos: Alyce Henson

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