

Dissolution

Most students of hatha yoga have seen a picture or statue of Shiva with arms fanned out around a completely serene face. The idea that these arms, or aspects, represent the many manifestations of the Divine, is an ancient and fundamental idea of Hinduism. The three most important functions of the Supreme are Creation, Protection, and Destruction or Dissolution. I think, like myself, many people could be put off by the idea of “dissolution,” the obliteration of something solid, as Godly. Yet, when we get the urge to do an extra thorough cleaning of our home, or when we feel the need to do a ritual to commemorate the end of a relationship, a great and necessary “unburdening” takes place. Thinking about this aspect of Shiva can be liberating. We can tell ourselves we don’t have to hold on to something anymore.



FULCRUM BLU

Rita E. Knorr

216 14th Avenue, NE
St. Petersburg, FL 33701
727.896.3692 tel
ritaknorr@aol.com



Adho Mukha
Svanasana
Downward Facing
Dog



Anjaneyasana
Lunge
(variation)



Ardha Chandrasana
Half Moon Pose



Parsvakonasana
Side Angle Stretch
(variation)



Setu Bandha
Sarvangasana
Bridge



Parsvottanasana
Triangle Forward
Bend



Parsva
Padangusthasana
Twist/Reclined Big
Toe Posture



Anantasana
Side Angle



Ardha
Matsyendrasana
Seated Twist



Ardha Jathara
Parivartanasana
Supine Twist

Application: Twisting actions have a cleansing affect on the body. Bodies can get attached to holding themselves in certain positions and moving in certain ways. Minds do to. Sometimes, we convince ourselves that we can’t do certain things. Practice these asanas from the awareness of how they give you new perspective. Recognize that bodies change. The world outside can change. Our worlds inside can change. Honoring dissolution, we can learn to accept change with more grace.

Photos by Alyce Henson

More information at www.fulcrumblu.com.