

Enthusiasm—Utsaha

The three A's in Anusara Yoga — attitude, action, and alignment are great reminders that the yoga requires us to “step up” in our expressiveness of love toward the practice and to ourselves. In most forms of yoga the physical action and correct posture are critical — as they should be, but it is the feeling of total intoxication with love that requires the most work. Baba Mukthananda the former guru of Siddha Yoga often expanded on the importance of attitude for spiritual seekers, and described how complete love for ourselves is the first principle, for us to work on. He said that “once you attain this love, you are perfect, and no longer have the desires of wanting more, more, more. Through this love we feel completely satisfied, completely at ease and still. We are always enthusiastic once we are able to attain the love for the self.

Asanas



Virabhadrasana
2
Warrior 2



Parsvakonasana
Side Angle



Parsvottanasana
Triangle forward
bend



Bhujangasana
Cobra



Uttansana
Forward Bend
Variation



Sirsasana
Headstand (w/
twist)



Urdhva Dha-
nurasana



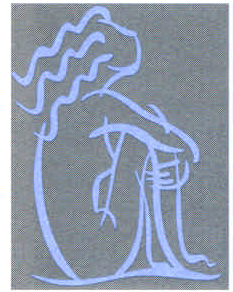
Matsyasana
Fish



Baby Cradle



Maricyasana
Marici's Pose



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

Application: These poses give you ideas for stimulating asana that will contribute to keeping your enthusiasm in your practice, and clearing your mind of the many distractions of the day. Notice how different poses seem to have different effects on your attitude. See other lessons for your daily practice -- www.fulcrumblu.com.

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