

# Fearlessness—Abhaya

Our cat is learning to explore the territory outside of the bounds of the apartment. For months I have been coaxing her to explore — to go outside and discover the garden. It seemed to me that it should be an instinctual response to desire to be closer to nature. Instead she is very hesitant. Although curious about all the new smells and exploration of new territory, she fears the unknown and retreats quickly back to the apartment. A friend recently reminded me that there is just so much transformation that a person can handle; so it seems with the cat. In our spiritual journey fearlessness, or abhaya in sanskrit, offers us our best lessons. Recognition of the fears right before change is part of the process of change. Fearful resistance is actually good news for us; it is a sign that the change is coming. When I see fear as a natural part of the process enables me to embrace abhaya.

## Asanas



Parvrtta Parsva-  
konasana  
Twisted Side  
Angle



Anjeyasana  
Lunge (variation)



Prasarita Padot-  
tanasana  
Wide Angle



Uttanasana  
Forward Bend



Line 1  
Line 2  
Line 3



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Trikonasana  
Triangle



Dhanurasana  
Bow



Sirsasana  
Headstand (var)



Sarvangasana  
Shoulderstand



Halasana  
Plough

**Application:** There are seemingly countless yoga poses that I avoid. I am able to use the power of abhaya to embrace the process of falling over, watching my hamstrings tremble, and strengthen my practice. Think about the pose and then use the power of ahaya. For ideas about poses for your daily practice -- [www.fulcrumblu.com](http://www.fulcrumblu.com).

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