A Fine Balance

Rohinton Mistry offers many valuable lessons in his book, *A Fine Balance*. The novel describes the background and daily lives of four people from different socio-economic backgrounds who come to share their lives in a small, cramped apartment in a crowded Indian city. Circumstances that bring the characters together, and later pull them apart are very compelling, and I gained many lessons from the book. One valuable teaching relates to how we hold on—an elder advises a younger student “...the secret of survival is to embrace change, and to adapt”. He then quotes Yeats, saying: “All things fall and are built again. Those that build them are gay” He explains the message further by saying, “you have to use your failures as stepping stones to success. You have to maintain a fine balance between hope and despair. In the end it’s all a question of balance.”

Asanas

- Parsvakonasana Side Angle Pose
- Virabhadrasana 1 Warrior 1
- Virabhadrasana 2 Warrior 2
- Virabhadrasana 3 Warrior 3
- Ardha Chandrasana Half Moon Pose
- Utkatasana Chair
- Garudasana Eagle
- Vasisthasana Side Plank
- Bharadvajasana Seated Twist
- Paschimottanasana Seated Forward Bend

Application: In yoga we practice balance poses to focus our thoughts and to stabilize and define the center. By establishing a firm foundation, rooting through the core, and engaging our muscles we can then feel the freedom of the balance and extension in all poses. To view other lessons for your daily practice -- [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos: Alyce Henson  
Archive: spirit: 9.29.02