

# Heightened Awareness

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As I read the newspaper each morning, I find myself drawn to information on breakthroughs in science and technology, or art and culture events rather than the front page story. I wonder; how could this be happening in a perfect world? Some answers can be found in translations of spiritual teachings. One of the texts, Pratyabhijna-hridayam, explores the soul -- and provides insight into our perception of sadness, evil, and injustices. A translation of the text called The Splendor of Recognition provides an explanation of abhasa, which enabled me to have insight into multiple layers of manifestation -- most of which I don't see. Through greater awareness and expansion and contraction of my view of circumstances, I see that it is simply my perception that causes the fear, sadness, and other feelings that arise. Of course, I find that a path to heightened awareness is through my practice of yoga.

## Asanas



FULCRUM BLU

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Anjeyanasana



Adho Mukha  
Svanasana



Urdhva Mukha  
Svanasana



Prasarita  
Padottanasana



Utkatasana



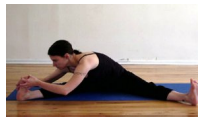
Virabhadrasana  
2



Ardha  
Chandrasana



Ustrasana



Upavista Konasana



Paschimottasana

**Application:** Yoga practice helps us develop greater awareness; through understanding our bodies, we begin to understand the abhasas -- through both an expanded awareness of our surroundings, while at the same time, bringing greater focus inward. As you practice the asanas, consciously play with the expansion and contraction --or spanda as it is called in Sanskrit, to further develop these qualities. More information at [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos by Alyce Henson