

# Madhya — Lightness in the Gap

Recently I was prepared for a client to arrive and discovered that I had a few extra minutes. Typically have standard practices for filling up the gaps in between actions or appointments that involve keeping me very busy and pre-occupied. But this time I wanted the few moments to be really special, so I strummed a song. It was a special moment because I got a sense of the practice of Madhya — the ability to train the mind to see the joy in the gap, and the lightness in the pause between two actions. As I wait at a traffic light, as I return home from a spectacular vacation, I am beginning to appreciate the joy of that moment, rather than turning my attention to the outcome of a future activity. When we are able to see that happiness of the moment, our actions in our hatha yoga practice seem to happen with lightness and almost flawless qualities.

## Asanas



Anjaneyasana



Adho Mukha Svanasana



Parsvakonasana



Hasta Padangustasana



Parvrita Trikonasana



Garudasana



Salambasana



Eka Pada Raja Kapotasana



Supta Virasana



Paschimottanasana



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**Application:** As we begin our hatha yoga practice, learning the asana captivates our full attention. After a while, we have proficiency in the poses, and our mind often races to the next side, or the next pose for our practice. Madhya helps us to see the value of the gaps — the true lightness in our qualities, in our breath and actions so that in each moment we are fully engaged in the practice. Use other lessons for your daily practice— see [www.fulcrumblu.com](http://www.fulcrumblu.com).

Photos: Alyce Hensen

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