

Liberation—Moksa

July 4 — our celebration of Independence Day — always reminds me of a talk that I attended years ago on the holiday. Gurumayi Chidvilasananda, who is the guru and head of Siddha Yoga was describing the freedom that is available to us as citizens of the United States. It was such a heartfelt talk — one that evoked such national pride. I was in stunned silence throughout the talk. Afterwards I was trying to put together the content of the talk and discover why it was that a native of India could stir such patriotism, and national pride. The talk did unveil the personal freedoms that we enjoy in this country compared to other nations, but what was especially moving to me was learning about the true power of freedom — of liberation of the mind, or moksa (pronounced moksha). Through lessons of how we can liberate ourselves from the ego, we are able to truly celebrate our independence.

Asanas



Virabhadrasana
2
Warrior 2



Adho Mukha
Svanasana
Down Dog



Parsvakonasana
Side Angle (twist
variation)



Chaturanga
Low Plank



Parvrtta Ardha
Chandarasana
Twisted Half
Moon



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Baddha Kona-
sana
Bound Angle



Pinca Mayuran-
sana
Peacock



Upavista Kona-
sana
Wide Angle



Salabasana
Locust



Matsyasana
Fish
(w/ assist)

Application: Yoga and meditation are two practices that lead us to freedom. Through our practice we are able to focus on our spiritual growth. When I thought about freedom and liberation in the poses, I thought of all the asanas that enable me to extend, to expand beyond my own conception of limitations. In your practice, work on the breath so that you are able to hold the pose, quiet the mind, and go deeper. To review other lessons for your daily practice see www.fulcrumblu.com.

Photos: Alyce Henson

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