

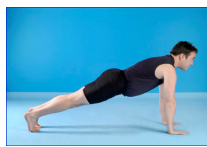
No More Nibbling

We have so many options and there are always many possible paths that we can take, that we are tempted to "nibble" each idea that comes our way. Great yogis say that if we take a nibble here and a nibble there, we will never attain anything. The Yoga Sutras teach us the value of one-pointedness, or ekagrata. When we combine a single focus with our own acknowledgement of the work to be done, the mind is able to follow through with our ideas and create the disciplined approach required in making a sincere effort. Swami Rama compares the steadfast actions required in embracing ekagrata to divers looking for pearls. Divers search the deep sea sometimes twenty or thirty times. Often they discover that they have bypassed certain pearls for years. Even though the divers are doing their duty day after day, the rewards are not always there. It is the repeated action, and sincere effort that enables the diver to flourish.

Asanas



Prasarita Padottanasana



Plankasana



Parsvakonasana



Parsvakonasana variation



Parvrtta Parsvakonasana



Parvrtta Trikonasana



Parvrtta Ardha Chandrasana



Setu Banda Sarvangasana



Supta Virasana



Paschimottanasana



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Application: Hatha yoga is especially useful in working on ekagrata. When the mind is drawn to fill with more and more thoughts, postures provide us with disciplined and focus thoughts, toward single activities and ideas. There are so many asanas that are so effective for mindfulness when you are in motion - standing poses, inversions, backbends, and twists are especially useful in gaining focus. As you work in these postures, use the breath to go deeper in the pose, so that you are able to hold the position longer. See other practice sheets at www.fulcrumblu.com.