

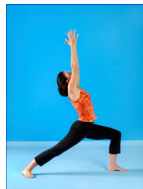
Resolute

A critical component to learning how to trust ourselves -- how we trust our thoughts, feelings, and actions -- is the fortitude, tenacity, and determination that we practice. These resolute qualities that we develop enables an understanding of our true life path. The understanding facilitates our spiritual and emotional maturity. We begin to trust our actions and begin to refine our social interactions in such a way as to support our spiritual journey. Sometimes our resolute qualities and firm convictions become so powerful that we become unbalanced and addicted to the discipline or practice. Conversely, we often lose our determination and then simply forget or drop our commitment to steady practice. We must actively chose our actions follow through in order to find and trust those resolute qualities within.

Asanas



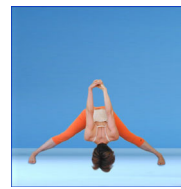
Virabhadrasana 2



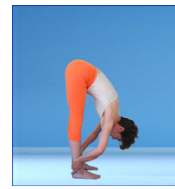
Virabhadrasana 1



Virabhadrasana 3



Prasarita Padottanasana



Uttanasana



Urdhva Dhanurasana



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Application: Often we place time limits on specific actions that we want to accomplish... for example, some actions that have been contingent on specific timetables are -- a 5 minute freestanding pinca mayurasana by May; full hanumanasana by the end of the year, and chest to the floor in upavista konasana by age 50. In each of these asanas, I thought deeply about the pose, and especially about how great I would look and feel in the final pose. But bringing the resolute quality to the practice, simply means to practice those asanas steadily, with determination. Simply showing up to practice each and every day is the way to enhance our resolute qualities in the practice.

Photos by Alyce Henson

Archive:

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