

# Self Observation

A dancer told me about a study that was conducted in two separate dance studios — one with mirrors, one without. Results showed that dancers who practiced in the studio with mirrors exhibited good technical skills. But mirrors hampered their overall performance, especially the freedom and enthusiasm shown in their performances. Self observation in the spiritual sense doesn't involve mirrors, but focuses on our own inner understanding of our personal strengths. It is through self observation that we are able to develop spiritual strength and willpower. As we make resolutions and commitments to accomplish things in our lives, we often overlook the need to assess our own readiness to take on such dramatic changes. Only through delving into self inquiry are we able to understand our attributes in such a way as to make steady progress on our life path.

## Asanas



Parighasana  
Gate



Adho Mukha  
Vrksasana  
Handstand



Anjaneyasana  
Lunge



Trikonasana  
Triangle



Eka Pada Raja  
Kapotasana  
King Pigeon



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Hanumanasana  
Split



Navasana  
Boat



Ardha Matsyen-  
drasana  
Seated Twist



Janu Sirsasana  
Half Bound  
Angle



Supta Padan-  
gustasana  
Reclining Wide  
Angle

**Application:** During home practice it is often very useful to have mirrors around you to see that you are doing the specific muscular actions that are required. But just as dancers lose freedom in the action with mirrors, so to is the case in our hatha yoga practice. Avoid practicing with mirrors except to study specific alignment and action, so that you can have a full internal experience of the freedom of your movement in the practice. To find other lessons for your daily practice -- [www.fulcrumblu.com](http://www.fulcrumblu.com).