

Silence

In communication with others, we are often drawn to cram silent space with thoughts and words. Silence in the Western culture often requires great restraint. Hatha yoga enables us to gain access to this valuable treasure of communication through a discipline of focusing the mind so that we savor the moments free of thought. In eastern cultures it is thought that nothing is as powerful, nothing is such a vivid symbol of eternal truth as silence. It is silence that gives us access to our own freedom and a sense of divinity. We must practice silence, set up rituals, and create disciplines to appreciate the beauty and teachings of silence. For that reason, great beings teach us through silent practice. Practices such as mantra repetition, chanting, music, meditation, and hatha yoga all alert us to the noises in our environment, and train us to further deepen our commitment to the purity of silence.

Asanas



Virabhadrasana
Warrior 2



Chaturanga
Low Plank



Parsvakonasana
Side Angle



Parsvakonasana
Side Angle
(variation)



Natarajasana
Nataraj



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Navasana
Boat



Sirsasana
Headstand
(variation)



Dhanurasana
Bow



Upavista Kona-
sana
Wide Angle
Stretch



Halasana
Plough

Application: Honor your at-home practice by creating an environment of silence. Some yogis use music to help create stillness, to create a rhythm for the breath to follow to take you into stillness and allow you to go deeper into the pose. To find other lessons for your daily practice check out www.fulcrumblu.com.

Photos: Alyce Henson

Archive:mindfulness. 4.28.02