

Starting with the End

While working on my garden, I realized that all the perennials I chose to plant were good for attracting butterflies. My imagination was sparked by this idea, and I formed a picture in my mind of scores of butterflies coming to enjoy the flowers. Holding the image of the “result” of my work was very powerful. In effect, I had created a *touchstone* that I could go back to again and again as I carried, tilled and prepared the soil, then selected, planted, and nurtured the plants. Despite the intensity of the work, as I returned to the image I had planted in my mind, I was able to experience the peace and tranquility I associated with *being* in the garden. Then I was actually able to bring these feelings *to my work*. In Sanskrit, tranquility is called *nirvrta*; power is referred to as *shakti*. I would not normally associate the two, but being able to recall moments or images of tranquility so I could bring a sense of ease and calm into whatever I was doing made me feel very powerful.

Asanas



FULCRUM BLU

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Parvrtta Parsva-
konasana
Twisted Side
Angle



Anjeyanasana
Lunge (variation)



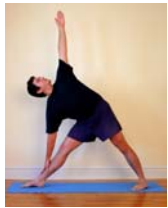
Prasarita
Padottasana
Wide Angle



Uttanasana
Forward Bend



Parasvakonasana
Side Angle



Trikonasana
Triangle



Dhanurasana
Bow



Janu Sirasana
Half Bound Angle



Supta Virasana
Supine Hero



Sucirandrasana
Eye of the Needle

Application: Savasana, traditionally, is the final pose in the asana sequence. It enables us to feel calmness and ease in our bodies after engaging in muscular actions and stretches. It's a “relaxation” pose and provides a strong feeling of tranquility. Why not bring this sense of calm into your entire practice? Why just save this sweetness for desert? If you start your practice with breath work, or a period of seated meditation, or even begin with the corpse pose, you can create a memory around your experience of tranquility and rejuvenate your practice simply by recalling this memory.

More information at www.fulcrumblu.com.

Photos by Alyce Henson