

Steadfastness (Sthirata)

The writings of Baba Muktananda and Gurumayi Chidvilasananda, have been useful in understanding the power of intention. Here in America we talk about resolutions, or goals and objectives. I see that when I set up goals or have resolutions each year, I am often disappointed in the results – it seems as if accomplishment has been made, but not as much as I would've liked. Of course, if I felt satisfied with my improvements or accomplishments, I would stop making the effort. For that reason, the power of steadfastness has been one of my best teachers. All I have to do is show up. There is no right or wrong, and no finish point. As I struggle with the simple element of “showing up” on a daily basis, the lessons unfold.

Asanas



Baddha Konasana
Bound Angle



Bhujangasana
Cobra



Chaturanga
Dandasana
Plank (var)



Parsvakonasana
Side Angle Stretch
(variation)



Urdhva Danurasana
Backbend



Parsvottanasana
Triangle Forward
Bend



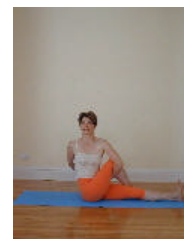
Urdhva Mukha
Svanasana
Upward Dog



Hanumanasana
Split



Ardha Jathara
Parivartanasana
Supine Twist



Maricyasana III
Pose of Sage Marici

Application. Hatha yoga represents a spiritual practice that will require steadiness, steadfastness, and faith. All we need to do is show up at the sticky mat and create our own practice. Instead of thinking only about the end result where we are in the gee-whiz, “eye candy” types of poses, we come to the mat as beginners every time.

Photos by Alyce Henson.

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