

Suchita — Purity

Nature has a wonderful way of awakening us to beauty in our lives. In Spring the awakening of brilliant colors reminds me of the vibrancy we are capable of if we continue to maintain our practices and continue daily rituals that keep us motivated to honor ourselves through our actions. In spiritual study, suchita is an important concept, for it allows us to bring see the purity of actions for ourselves. Without restraint and discipline (e.g., eating and talking), and without daily disciplines to take care of ourselves (e.g., hatha yoga and meditation), we lose power and do not enjoy benefits of our actions. We practice daily disciplines and rituals to achieve a still mind and pure feelings. Gurumayi Chidvilasananda recently gave a tip that is useful to keep the actions for yourself: before you begin your day, take 5 minutes to write and intention down as a blessing to yourself; in the evening, reflect on the day.

Asanas



Eight Point Pose



Adho Mukha Svanasana
Downward Dog



Parsva Anjaneyasana
Twisted Lunge



Trikonasana
Triangle



Parivrtta Ardha Chandrasana
Half Moon Twist



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Janu Sirsasana
Bound Angle



Bakasana
Crow



Urdhva Dhanurasana
Backbend



Gomukasana
Cow Face



Sarvangasana
Shoulder Stand

Application: In hatha yoga practice, I am frequently reminded of my own daily rituals and the importance of maintaining the purity of the poses. As we explore each of the poses we are able to make many modifications, but first get grounded in the base pose, and then add variations to ensure that the alignment of the pose is in keeping with the intention of the asana. Use other lessons for your daily practice -- www.fulcrumblu.com.

Photos: Alyce Henson

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