

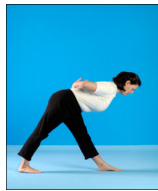
Transcendence

Many years ago I became very interested in meditation and followed the teachings of the Maharishi Mahesh Yogi, who is the leader of Transcendental Meditation, or TM, as it was known at that time. The "how to meditate" instructions that were given are very memorable, and stay with me in my meditation practice today. But it was only recent that I began to explore and understand why transcendence is such an important part of our daily actions. When we are able to step back and take a broader perspective we gain a clearer understanding of people, emotions, and concepts. We then become successful in transcending our automatic reactions preconceived notions of ourselves. Just as a sitting meditation practice enable us to have a clearer understanding of our patterns, hatha yoga practice also provides the discipline and strength needed to give us the freedom to go beyond our limited concepts of ourselves.

Asanas



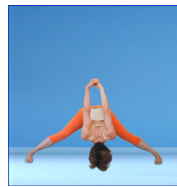
Parsvakonasana



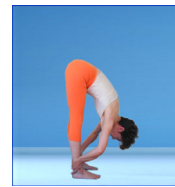
Parsvottanasana



Parvrita
Trikonasana



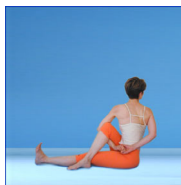
Prasarita
Padottanasana



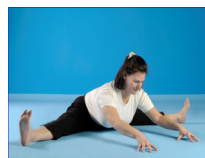
Uttanasana



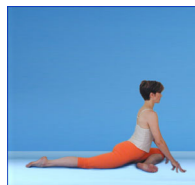
Sirsasana



Maricyasana



Upavista Konasana



Eka Pada Raja
Kapotasana



Savasana



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Application: Transcendence is very useful in our daily hatha yoga practice. Most of us have our own concepts about how long we should be holding the pose, which poses we should practice, what conditions are best for practice, etc. It is useful to practice with others in order to get out of the preconceptions of our abilities and our thoughts of our physical limitations. As you quiet the thoughts in your practice, depth in the poses come more naturally and allow for a natural flow of physical actions.

Photos by Alyce Henson

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