

Universal

Selfishness and self-centeredness immediately come to mind when I think of the limiting actions that allow for withholding trust. The third letter in the word trust "U", reminds us of the universal qualities of yoga. When we dispell the notions that our actions are for the sole purpose of enhancing our individual lives, but instead serve a larger community, we are embracing universal power. When I think of others that have inspired me with their universal qualities, I think of teachers that have shown their confidence and support of my learning, when at the same time I doubted by intellectual abilities and whether I could assimilate the courage to continue my studies. With seemingly infinite patience and understanding, some teachers are able to see extraordinary possibilities of their students. Of course, the humanistic, and encouraging ways of some don't come easy. Our culture emphasizes conditions and demands that we use as a way of withholding trust. We often doubt that others will measure up to our conditions for trust, and when they do, we rise the bar! If we cannot open ourselves up to trust and go beyond our own self-interests, our actions stay small and limited. As we begin to see the effect of going beyond our limited thoughts, concepts and actions we can begin to see the benefit that all can receive from it.

Asanas



Adho Mukha
Svanasana



Anjaneyasana



8 point pose



Anjaneyasana
variation



Parsvakonasana



Garudasana



Hasta
Padangustasana



Urdhva
Dhanurasana



Supta Virasana



Paschimottasana



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Practice: I've often thought of how selfish it is that I am practicing hatha yoga when others are working so hard. But when I think of how the practice enables me to change my state, and my thoughts about my self, I begin to value the universal qualities as I see the effect of the practice on my interactions with others after the practice. Just as a good teacher trusts the devoted student, try to access that same power to take the practice to a deeper level.

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Photos by Alyce Henson

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