

More

Our western world is so caught up with achievement, looking good, and being recognized by others. I remember my thoughts and words to my supervisors after receiving reviews – I always wanted to know what more I could do so that I could be the star employee. The response that I got was typically reassurance and “keep up the good work”. My busy mind was not satisfied; I kept on thinking of all the things I could be doing, should be doing, and would like to do. There was no peace. As we think about more things that we can do, our lives are driven by the desirous mind; the mind that is never satisfied. As we learn to quiet the mind, we receive more and more, and realize that we just need to continue what we are doing to attain everything and to have everything.

Asanas



Adho Mukha
Svanasana
Downward Dog (var)



Parsvakonasana
Side Angle Stretch



Anjaneyasana
Lunge (variation)



Natarajasana
Dancer



Parsvakonasana
Side angle stretch



Virasana
Hero (variation)



Baddha Konasana
Bound Angle



Dandasana
Staff Pose



Janu Sirsasana
Half Bound Angle



Supta Virasana
Supine Hero

Application. As in any practice, you may find that the ennui – boredom of the routine of the poses is more than you care to handle. There will be days that you struggle to get to your sticky mat and then struggle through the poses. The rewards are subtle, but over time your mind becomes disciplined and peaceful. Continue the practice, continue the same poses, and as the mind asks for more, go deeper and longer into the poses.