

**ASANA AS A SYMBOL
OF LIFE'S TRANSFORMATION**

CD by Goswami Kriyananda

Outline

- I. Life is constant change.
 - A. As we get older, it becomes harder.
 - B. Adjust, adapt and acclimatize.
 - C. As change occurs, we can become angry and defensive.
 - 1. We fight change.
 - a. We cut off that which we need.
 - 2. The inability to adjust to change causes destruction.
 - a. This destruction causes confinement to us and those around us.
 - D. Life and yoga are about learning to expand and become freer.
 - 1. The need to learn to say yes to life.

- II. Hatha Yoga
 - A. A mental posture
 - 1. Doing or flowing into the posture
 - 2. Holding the posture (sustaining)
 - 3. Releasing
 - 4. Preparing for the next posture.

- III. Life
 - A. Prepare our mind for the change.
 - 1. Recognize that a mindset is not forever.
 - a. Being relaxed.
 - 2. Breathing is very important.
 - B. We say something or/and do something with our body.
 - 1. Prepare the tongue - milking, cleaning, scraping
 - a. Stimulates the moon center, which is the point of intuition.
 - C. Sustaining the change
 - 1. Take hold gently of that which is precious to us.
 - 2. We have all had in the past those things which are important to us, but somehow lost it, so sustainment, or the symbol of the holding of the ultimate pose (life), is the most important.



D. Repetition

1. Symbolic that we are creatures of imperfection striving for balance.

E. Release

1. Must pull out of the situation gracefully, gaining greater freedom.

IV. Preparing the mind for the next change.

A. Wake up, straighten the spine and go into a meditative mood.

1. "How do I feel? What is going to happen today?"
 - a. A probing of your intuition
2. "I wonder what I dreamt?"
 - a. Do something with your mind to transform those dream symbols.
3. Ask what has happened the last three days.
4. Find or create a map of your karma (not available to everyone as the other three are).

V. In yoga we are trying to transform the enemy rather than defeat the enemy.

A. "I don't know any better way of making a friend out of an enemy than showing that I love them."

1. Work one problem at a time.
2. The enemy is not "out there." What is out there is "change."
 - a. We are the ones that need to adjust, adapt and acclimatize.

B. To prepare for the next change, savasana or relaxation is needed at the end of the day.

1. As we relax, the blood vessels open, and more oxygen and prana reach the brain so it begins to operate more effectively.

C. We begin to ask: "What is the problem?" "Where is the problem in me?"

1. Life is change. Though it may frighten or irritate us, we must learn to adjust, adapt and acclimatize.

VI. Morning ritual to prepare the mind for the changes of life.

A. Learn to adjust, adapt and acclimatize by a mystical ritual.

B. Life is a hurdle race.

1. There is not one hurdle, but a series of hurdles.
 - a. And the hurdle is not what we were expecting.
 - b. We're running the race not to win, but to learn something.
2. Visualize the asanas, moving the energies from confinement to more freedom.

- a. Do the poses physically, but also learn to do them in your imagination.
- b. Find one or two poses in each chakra level that are meaningful.
3. The most mystical time is while the breath is held.
 - a. Use an affirmation effortlessly.
- C. Savasana
 1. Best way not to confine ourselves is with the brain, so we need to relax more.
- D. Saturn chakra level
 1. Creeper pose/cobra - to activate the energy of the Saturn.
 2. "I will do that which will not have to be undone."
- E. Jupiter chakra level - symbol of expansion
 1. One-leg posterior stretch/bow.
 2. The secret of life is not asking for more, but using what you already have.
- F. Mars chakra level
 1. Peahen/wheel pose
 2. Pouring the energy up to Mars which is the chakra of energy.
 3. "I am here in life to succeed, to grow higher, to mature - but this can only happen if I help others to unfold."
 - a. Pride simply means that we have lost the center of our awareness.
 - b. The secret of life and the secret of helping others is that we are here to make life easier for other people at all times.
- G. Venus chakra level
 1. Right prone spinal twist/bird pose
 2. The concept is that adversity is sometimes necessary to realize how off balance we are, so adversity is necessary to develop peace and serenity.
 - a. If there were no challenges, we would not see where we are at.
 - b. The adversity should not be seen as a negative factor, but as a challenge.
- H. Mercury chakra level
 1. Right half-spinal twist/bridge pose
 2. State of consciousness: "What I am given by life depends on what I give to life."



THE CHAKRAS
Concepts for Asana Practice
(Diagram for CD on "Asana as a Symbol
of Life's Transformation" by Goswami Kriyananda)

