

## Learn to listen and observe, then act



Start with the invocation. Or sit quietly for some time and listen to your breath as if it were music being offered to you, and not something you must direct.



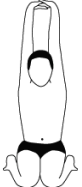

Start with the invocation. Or sit quietly for some time and listen to your breath as if it were music being offered to you, and not something you must direct.

Do each pose 4 times using the 4-perspective paradigm noted below. Use the movement of your breath within the pose to mediate the internal discussion.

1. Utilize all your past knowledge of the correct technique. Face the most immediate difficulty
2. Discover your gut reactions by placing your mind in the abdominal region. Adjust when new actions become apparent
3. Shift your mind to the heart center and follow leads the new mental confinement gives
4. Use a quiet pensive mind for a few more breaths or attempts. Strive for an open mind with no bias.


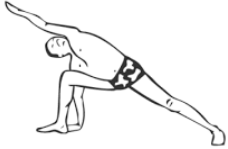

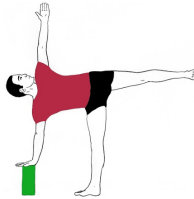
### Upaviṣṭha Sthiti – Set of seated poses to establish the 4 perspectives paradigm.

Watch for changes in your poses when you change your mental confinement. Notice how you may choose to use your breath differently when you relocate your mind to a different area in your body.

Dandasana	Sit on blankets for lift Assess any immediate difficulty Take a few breaths with mind located in the seat Relax, then redo with the mind in the chest Relax and redo with the mind in the pensive face	
Marichyasana I	Sit on blankets for height and use a block for back hand Do your best pose for a few breaths Gradually shift your mind and breath to the 3 locations Discover is changing your perspective offers any new solutions	
Virasana with Urdhva Baddhanguliyasana	Sit on blankets straighten your elbows and actively try to lift the side chest to the maximum Repeat 3 times placing the mind in the seat, chest, and quite brain	
Bharadvajasana	Use blankets for good lift, repeat both sides 4 times 1 <sup>st</sup> - assess the current situation 2 <sup>nd</sup> - place mind in the seat and adjust as indicated 3 <sup>rd</sup> - place mind in center of the sternum 4 <sup>th</sup> - repeat from a quiet, pensive face and breath	





## Utthiṣṭha Sthiti - Standing Poses – front leg externally rotated

Repeat each asana 4 times – first to assess the current situation, and then move your mind to the 3 places described. Or do the set as below and repeat the set a few times. Notice how placing your mind in varied locations affects your ability to hold and improve.

Virabhadrasana II	Step wide apart Open your pelvis Keep the chest lifted Breathe smoothly  (current situation)	
Parsvakonasana	Improve the legs, arms and torso all as if the engine of the pose was in the pelvis  (gut reaction)	
Trikonasana	Place your attention in your chest Adjust the pelvis, legs and the neck and head from the center of the chest  (heart reaction)	
Ardha Chandrasana	Use a wall for stability if balance is too hard Use the open pelvis that the previous 3 established Hold for as long as possible with a quiet mind and smooth breathing  (unbiased mind reaction)	

## Pūrva Pratana Sthiti - Back Bends

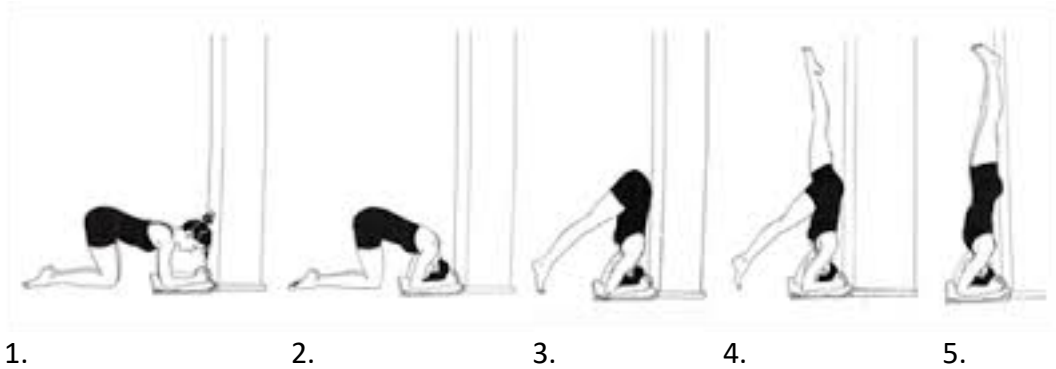
Notice similarities between poses. Look for improvements when you relocate your mind. Repeat the set more times if you have the stamina to do so.

Chatushpadasana	Use this to determine your current ability to backbend Do all necessary back bend actions Open the chest, Lift the tail bone, roll the thighs in	
Urdhva Mukha Svanasana	Do all your improvements centralized from your tailbone awareness	
Dhanurasana	Do all your improvements centralized from your sternum awareness	
Ustrasana	Do all your improvements from a quiet peaceful mind	

## Viparīta Sthiti - Inversions

### Sirsasana

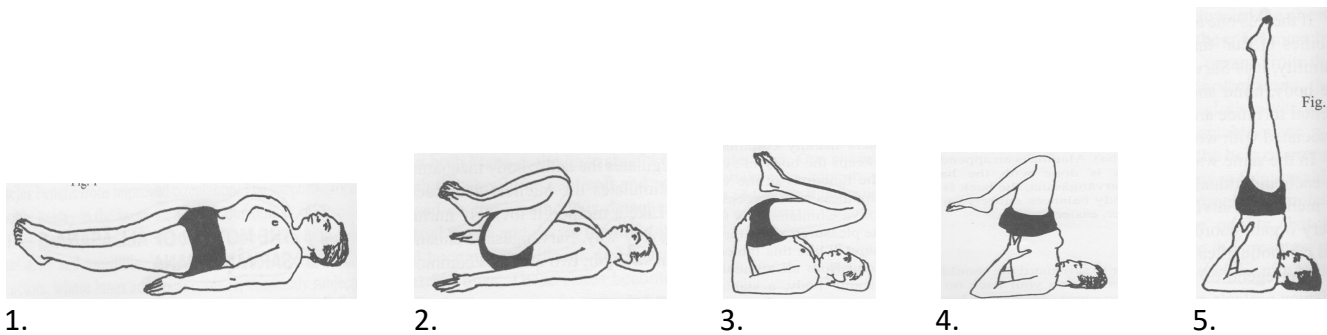
Generally, headstand is not repeated. Move your awareness within one held attempt. Move slowly and with quiet determination. For each stage below take time to listen to what the pose is saying to you. If you don't do headstand you can practice up to Stage 3 and move your mind from your gut, to your heart, to your head, all in Stage 3.



- Stage 1 – assess your willingness to hear new ideas
- Stage 2 – commit to developing better listening skills
- Stage 3 – lift your abdomen and hips
- Stage 4 – keep shoulders lifted and chest forward
- Stage 5 – quiet your brain, face, and mind

### Salamba Sarvangasana





Shoulderstand begins with a quiet placement of the brain on the floor. Be sure to use the right number of blankets for you. It also requires an open chest (heart) and a relaxed abdomen (no excited gut reactions). Practice the physical techniques needed but in as this pose is stationary, and not repeated you have time to use your imagination to develop more sensitive listening skills – hear your gut reactions, your heartfelt emotions, and your unbiased intellect fused into your pose.



- Stage 1 - spend a moment quietening your mind
- Stage 2 - begin to act without disturbing the quiet mind
- Stage 3 - use your abdomen to lift the weight of the legs
- Stage 4 - open your chest
- Stage 5 - maintain a quiet reflective mind

## Paśchima Pratana Sthiti - Forward Bends

This category of poses is introspective as a group. The back body is challenged, when the front is withdrawn and held quietly inside. Start by sitting upright and reviewing the 3 zones of awareness -the abdominal cavity, the chest, and the quiet temples and face. After folding forward take several inhalations and exhalations with your mind in the 3 different zones.

Upavistha Konasana	Sit on blankets, straighten your knees, and lift your chest  Use bolster or blankets for head support Monitor your reactions when breathing from the 3 zones	
Trianga Mukhaikapada Paschimottanasana	Have blanket under Virasana hip Rest head on bolster or blankets Breathe with the mind on 1.- pelvis, 2 - dorsal spine, and 3 - quiet forehead	
Janu Sirsasana	Blankets under hips Rest head on a support Consider your asana from the pelvis, the dors spine and finally the quiet forehead	
Paschimottanasana	Have blankets for hips, and head support. Hold for several breaths with your mind in each of the zones of mental confinement.	

## Savasana

Every practice ends here. This version with the chest propped up on bolster or blankets and the head with a little pillow and the eyes covered should incorporate the physical foci of the practice. It allows the abdomen to recede and be quiet thereby quietening the gut reactions. The lifted chest region supports openheartedness. The blanket under the head and a cloth on the eyes will soothe the eyes and temples and help us to sustain a quiet, peaceful, and unbiased mind.

