

**POSTURE OR ASANA?** A posture can be standing, sitting or lying and represents an attitude or gesture, whereas Asana unlocks the spirit and movement of the represented Posture. In the early days of Hatha Yoga, Asana attempted to unlock the spirit and energy of the Lion, Cobra, Crocodile, Tree etc. Posture in the modern day context is usually designed to take advantage of their anatomical and physiological benefits.

Name, Form, and Function are closely related, change any one and you alter the balance of the equation. For example, change the name of triangle to square and form and function also change.

A true name is in essence its mantric formulation and represents the vibrational patterning that gives rise to its form. Asana is refining and integral by nature as it brings into relationship Mind, Feeling and Will, balancing each level of the human psyche; which is conducive to health and individual well being.

Very few of us have attained the level of being able to unlock the spiritual formulations of the Sanskrit language, and divine the spirit and essence of the different Asana. But we can visualise and hold the form of an Asana in the Mind. The more perfect the visualisation the closer we get to its true essence, and as Feeling is our primary mode of evaluation, feeling will tell us when we have set the form of the perfect Asana.

Ideas or forms in the mind carry their own feeling tone or emotional charge, and this will help to focus and energise the muscle groups required to execute Asana. It is more than likely that the Posture we visualise will exceed our capabilities and we will have to modify our aims. The Guru or Self that lies within, transcending any physical limitations, is to be the guide when practising Asana.

Hatha Yoga is part of the evolving process to Raja Yoga that is Self Control or Self Rulership. We have to know (Jnana) what we are doing, Love (Bhakti) what we are doing and Act (Raja), upon it. Raja Yoga is a high aim, where posture evolves into Asana and we co-ordinate Mind, Feeling and Will and in full consciousness unlock the spiritual significance of each Asana.

All matter is modification of power that is condensed light. We are all unique vibration patterns within the field of life and Yoga is a process of "Self"-

discovery and finding the unique contribution that we have to make in life. This does not mean that we are unrelated as we are all part of the same orchestra of life and can self destruct, or exist in mutual harmony for the benefit of each other.

## **PERSONAL HEALING**

By the late Ted Lovett

After settling down in a relaxed mood, say to yourself

“May each and every cell in my body be relaxed, quiet and at ease.  
May each cell be still and know inner peace.  
Each and every living atom in my body has this right.”

Now to clearing the external stimuli.

“I empty myself of all action.  
I empty myself of all emotion.  
I empty myself of all active thought.  
I am a pool of perfect quiet open to the Universal Healing Energies.”

Now to the healing technique.

Visualise a golden aura of Pranic energy filling the body with its light and its golden vital force.

Feel it feeding ... strengthening and bringing new life.  
Feel it rebuilding ... restoring and renewing all bodily, emotional and mental energies.

And now affirm ... May the cosmic healing forces pour through me unimpeded.

May the spirit of Health and Wholeness prevail and bless.

