

Geeta's Gem's of Wisdom on the Discipline of Yoga

from Yoga Rahasya, Vol 24 No. 4 2017 pp 9 -11

Ashtanga Yoga

- * Think of the eight aspects of yoga as eight petals linked to a central core. The flower blooms step by step
- * Mind, intelligence and ego - all these have to be restrained. There is a consciousness above all of these.

Yama - Niyama

- * One must practice 'involution'. This means looking inwards, reducing one's engagement with and enjoyment of the external world.

Asana-s

- * You should not just throw yourself at the *asana-s* willy-nilly. You should know what you are doing and approach the *asana* step by step.
- * Doing what you fancy is not good. You must explore what needs to be done and do it. This requires discipline.
- * It is important to have honesty and integrity in your practice. It is not good masking a difficulty and carrying on regardless. If you have a problem, you need to investigate the cause and sort it out.
- * Doing *asana-s* is not intellectual work, it is about witnessing.
- * *Asana-s* are involution with the eyes open. *Pranayama* is involution with the eyes closed.

Mind

- * Some people think that the goal has been achieved when the mind has been emptied; but there is more.

Awareness

- * Be internally aware. Be present in the whole of the *asana* the whole of the time. Aim for multi-pointedness, and not one-pointedness. This internality is what differentiates yoga from physical exercise.
- * At the start of your practice, take the gaze in, towards the back of the head where there is nothing to look at.