

## SUMMER NEWSLETTER

### BALANCE & STABILITY

Happy summer to everyone -Discover the balance within

There is always an active side and a weak side to the body. To develop a perfect balance between both sides, we must pay attention to the weak side. Using the intelligence of the body, we will achieve balance as we relax into the action of the *Asana*. Seek balance of awareness in the position - create an equal stretch, stability, space, and intensity of movement = working toward the whole body.

Balance extends the part of the body that is not moving as well.

Check the contact between the body and the floor. Balance of the body is the foundation for balancing life!

Being balanced is being present. Do not live in the future, because only the present is real.

The mind takes you to the future, making plans and developing uncertain worries.

Memory takes you to the past because sometimes the future is too hard to let you be in its presence, the past can seem safe and easy.

Verticality - ascending is the future / descending is the past

Horizontal - is the present

In asana we find balance within the three dimensions of space and integration in the four primary directions.

The *gunas* ( the three qualities of nature, according to AYURVEDA .)

SOLIDITY IN THE BODY  
DYNAMISM IN THE MIND  
LUMINOSITY IN THE SOUL

BELIEVE, AND CULTIVATE YOUR PERSONAL  
INWARD JOURNEY TO THE UNIVERSAL SOUL

## PRACTICE WITH THE SOUL

When we practice Yoga we need to feel the practice from the outside to the inside, but we must not forget that our innermost part is also trying to help us. Our inner most part wants to come to the surface to express itself, to radiate out. The heart of nature (*Praktri*) is also willing to help us, responding to our will power.

When you do *asana* (yoga poses) correctly, the self opens by itself, this is what is called being transformed in Divine yoga.

The Self is doing the *asana*, not the body or the mind and we transform the practice into a sacred performance.

The self involves the skin. Every single pore of the skin opens, like there were eyes in every pore, completely aware. So be rich, and use the body to discipline the mind and to reach for the soul.

*Asana* must bring the consciousness of the soul and also needs to be done righteously and virtuously.

By righteous, we mean being true without pretending, feeling it all in the body, from the core to the limbs, from the intelligence to the consciousness from e wisdom to awareness, all

interrelated and extended in every part of the  
body.

By saying virtuously, we refer to the value that the  
*asana* has to be done with the right intention, not  
with ego. It has to be done for the SELF, to move  
closer to GOD, That is how *asana* will become  
sacred, done with the heart, which is the closer  
organ to the soul.

Happy days to you !!

End of 3er quarter of the year