

Blissful Words From The Heart Of Yoga

Yoga is an ancient practice that has been used for centuries to improve physical, mental, and spiritual well-being. One of the most important aspects of yoga is the use of words and phrases that can help to inspire and motivate practitioners. These words, known as yoga sutras, are often used in yoga classes and can help to deepen the experience of yoga.



108 Savasana Poems: Blissful Words From the Heart of Yoga by Zach Beach

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1196 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 211 pages
Lending	: Enabled



The Power of Words

Words have a powerful impact on our thoughts, feelings, and actions. The words we use can either uplift and inspire us, or they can drag us down and make us feel discouraged. When we practice yoga, it is important to be mindful of the words we use and to choose words that will help us to create a positive and uplifting experience.

Yoga sutras are a collection of short, powerful phrases that can help us to focus our minds and deepen our understanding of yoga. These sutras were

written by Patanjali, a great sage who lived in India around 200 BCE. Patanjali's sutras are considered to be one of the most important texts on yoga and they offer a profound insight into the philosophy and practice of yoga.

Yoga Sutras for Inspiration and Motivation

Here are a few yoga sutras that can help to inspire and motivate you on your yoga journey:

- **Yogas citta vritti nirodhah** - Yoga is the cessation of the fluctuations of the mind.
- **Tada drastuh svarupe avasthanam** - Then the seer abides in its own nature.
- **Vritti sarupyam itaratra** - Elsewhere the seer takes the form of the fluctuations.
- **Antaraya klesa karmane** - Obstacles are due to impurities and actions.
- **Virodhah samyoga viyoga samjnayovantah panca klesah** - Obstacles are five: ignorance, ego, attachment, aversion, and fear of death.
- **Klesha mulah karmashayah** - Impurities are the cause of actions.
- **Samadhi bhumi sad asana** - Setting firm in meditation, posture becomes steady.
- **Sukham sthiram asanam** - Posture is steady and comfortable.

- **Tat sukham pushyanam iti desa bandha shitosna adibhih** - Comfort is increased by external applications such as covering, heat, and cold.
- **Prayatna shaithilya ananta samapattibhyam tatobhumijayah** - Mastery of posture is attained by relaxation of effort and meditation on the infinite.

How to Use Yoga Sutras

There are many ways to use yoga sutras in your yoga practice. You can:

- **Read them aloud** - Reading yoga sutras aloud can help you to focus your mind and to connect with the teachings of yoga.
- **Meditate on them** - Take some time to sit quietly and meditate on a particular yoga sutra. Allow the words to sink into your consciousness and see what insights arise.
- **Use them as affirmations** - Repeat a yoga sutra to yourself several times throughout the day. Let the words become a positive affirmation that can help to uplift and inspire you.

Yoga sutras are a powerful tool that can help us to deepen our yoga practice and to live a more fulfilling and meaningful life. By using yoga sutras, we can tap into the wisdom of the ancient yogis and find inspiration and motivation to reach our full potential.

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