

Safe Practice

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Yoga is a practice that helps each person in their self-development. As such it encompasses many types of endeavours. In each of them it is essential to work safely and systematically in order to progress.

In ethics, the foundation of Yoga practice, you have to think carefully how not to harm others in all your actions. This is the measure for everything you do.

In personal life, you have to follow a daily routine of discipline, clean living and dedication.

In the practice of postures, you have to work harmoniously and with perseverance and detachment. The postures should be pleasurable, stable and, ultimately, effortless and bringing a sense of infinity.

In the practice of breath-control, you have to harness the mind to the breath.

In the practice of sensory control, you have to keep the mind still so that the senses do not react to stimuli.

In concentration, you have to focus exclusively on an object.

In mediation, you have to prolong your focus and make it uninterrupted.

In complete engrossment, your meditation is so deep that you lose your sense of identity.

Taken step by step these practices improve your life and protect you against future harm. But wrong practice increases your liability to suffer. They take you away from happiness.

The Yoga Sutras give a guide for each of these steps.