

YOGASCHULE
ASHTANGA
IN ESSEN

definite yoga
hatha at its best



Ministry of consciousness, exercise, posture and attitude

Yoga order – Effective: 10 August, 2019

1) yogash chitta vritti nirodhah:

loosely translated: Yoga is what calms your unsteady mind

2) Don't compare - don't compete:

What your neighbour does is completely irrelevant. Except he or she would go a medical emergency and I would have missed perceiving that

3) The pose lasts as long as the pose last:

If you strictly feel like you have to come out of the pose then of course you have to. What could you respect more than your own reason and perception and who would place anything above it? Feel free to go into the pose again shortly afterwards.

4) Keep the face soft and the breath flowing:

When the face hardenes it's likely that under the surface even worse things happen.

5) We always work at the limit:

Limits are everywhere. Which direction ever you go, you'll always meet a limit. Experiencing limits mostly is interesting. Overrunning limits of your body is a kind of violence your body most likely will answer with counter violence you most likely do not want to know. Presumably you'd like to live in your body quite comfortably for some more time whereas your body may not be interested in how you feel.

6) Strain and stretching sensation in yoga poses are usual:

They're virtually constituting for poses. If once you should feel none of them it is likely that not only the proper thing does not happen but also improper things may happen. Tell me !Encountering something different, for instance joint pains, aggression, sickness, tendency to run away,.. that does not belong to the pose, tell me !

7) The poses may seem to train the body :

The more important benefit is they help you improve your qualities and deminish inconvenient properties. Due to their relation to different stages they may have effects there esp. psychomentaly

8) You come for practice:

what means exceeding the known, common, mastered, overcoming obstacles and expanding possibilities. Therefore I shall not waste your time and energy nor mine with faint exercises.

9) Entering a pose

is transforming one state of balance into another without allowing anything else in the meantime than balance and stability.

10) savasana is NOT sleeping, it only looks like:

It is practicing of wide awake, highly alert internalization, withdrawing the senses from the outerworld and turning them inside, however to manage and whatever you would meet there, thus rather the most difficult than one of the easiest poses.

11) How long would it take you to study maths or learn the violin ?

Why should it be an easy task to learn a such complex and mighty instrument as your body ? Little by little you'll discover and learn to use, adapt and refine it. Things take time, or, to be precise: practise in time

12) For everything there's a measure:

The pose requires what the pose requires. Give it to it, no matter if this may be more than you are used to give or even than you would like to give ! Presumably it's not more than you are able to give

13) Yoga ain't sports. Sports aims for fun, performance or competition. Yoga aims for health and integrity on all stages of human being.

14) Many things are a matter of tenacity

or lets call it sustainabilty of aspiration. Who will prove steadier: your weak and stiff muscles or YOU?

15) Each and every deficiency will show up,

not only those or your physical body. Tough, Yoga will have means of improving

16) It's my turn to make suggestions only:

Considering one of them inadequate you would have to reject it.

17) Don't call me going strong in Yoga...

I know my restrictions better than you know yours, I'm only a few days of practice ahead.

18) Everything in this universe is in approximation of the next stage,

you, the bacteria inside your intestines, your planet, your sun... So are your asanas, your mind, your consciousness, your attitude..

19) Everything in this universe developes from coarse to fine:

from tamas through wild rajas to sattva. No way of circumventing rajas on the way from tamas to sattva. Thus strive for improvement and don't spare effort.

20) God is a hierarchial phenomenon

describing an entireness of a given stage for all the contained entities who in unconceivable time are to approximate it. You are God to everything inside yourself, everything you consist of, so lead it wise to make it serve you well !

21) Your identifications are arbitrary,

but not necessarily random. At a given time you'll replace them with more appropriate - but presumably not ultimate - ones.

22) The most interesting things are the ones outside the box

but even its rim takes effort to achieve. And this box won't be the last one ..

23) Time is one of the most favourit illusions,

the common quantitative understanding of time but even the qualitative one. So if you part, move or finish your life bid goodbye with a knowing and serene „see you soon“

24) Your body follows its habits.

Not the knowledge of proper or senseful, as do psyche and mind.

YOU are the one to educate them.

25) The way you practice is the way you live - and vice versa.

You've got an approach of your own to everything you meet, not without reason, but presumably improvable

26) You would like to know why you and I do this job ?

The aim of human evolution could be described as the capability of handling all contacts, situations, opportunities well a human could face, appropriate and free of fear, for your own sake and that of the system you are part of. Read more under seeledienstmeditation.de

27) Asking a question is only as embarrassing as you think it is

Independent of what you believe do I know that asking a question is NOT embarrassing at all but the key to answers expanding your knowledge, thus worthwhile.

So if there's anything you don't grasp, a term you don't know, an action you can't implement don't hesitate to ask me.

28) How long does it take til ... ?

There are two lovely answers to this question:

1. it depends ! .. on your constitution, your work on that as well as on the relation between pro and counter factors, as e.g. stiffening sports or crafts.

2. find out ! Once achieved you will know .

29) It's not about hardship..

..Yoga's not martial art. Hardship and recklessness may belong somewhere else, to Yoga they do not ! We're about awareness, perception and respectful dealing with your entire system and its limits.

30) Positive distances of finger ground joints to the floor are called mouse holes and are not part of the pose.

Apparently negligible details here, important requirement there ! Don't think meaning of things always catches your eye.

31) Nothing hangs – except hair and clothing

In each pose all parts of the body are given appropriate tasks some of which to you may seem to conflict which sometime will be solved by practice. By means of more flexibility, endurance, power or body awareness. Even in uttanasana the arms do not hang but the elbows stretch to the floor. Only hair and clothing can't be ordered to do anything except to not disturb.

32) The last half of a degree is and will remain to be the most interesting one !

The 179,5° before it are some kind of boring. Improve awareness, perception and respect your system and make the best of it. You can be sure of my respect and cooperation.

33) Never shall I want more than your maximum nor shall I ever want less !

Unless tangible medical or psychic circumstances indicate let's find out how far you can go respecting and learning about your individual limits.

34) The real does not stop being the real only because it presently is difficult, heavy or unachievable.

Maybe already tomorrow „is“ becomes „seems“ and the day after you'll get rid of the superstition that something would never work due to having achieved it.

35) Masking cascade

A given obstacle on a way must not necessarily be the last one to be solved but might merely be the first one visible and its solution may lead to the next one. You can't see the second one until the first one is solved. Solve the entire cascade !

36) There are different foci of practice

Mainly duration, intensity, precision, inner attitude and breath. All are worthwhile being practiced.

37) Props are the play pen, supporting you to find your feet. But remember: a play pen blocks access to the rest of the world.

Use props as long as they are helpful, not any longer. There is a time and a place for everything !

38) There is only one benchmark for you: you yourself !

Nothing and no one else. Your benchmark is rooted inside of you and changes while you develop.

39) Your body is no fire-and-forget system

nor are psyche or mental. It is not like a command given once will be executed or a rule given once will be followed, quite the reverse, they seem like children who have to be educated and whose behaviours have to be evaluated.

40) The poses are means of diagnosis and therapy at the same time.

They show you spots and amounts of possible improvements and work on them at the same time.

41) Consciousness is the totality of (real and abstract) things, you are able to perceive and the way you (on all planes of your being) react on them.

The main aspects of being of any kind are ability to perceive and to act. Everything in this universe is equipped with these two basic capabilities according to its respective plane. These two and the relations between them make up what we call consciousness. Its expansion and refinement is the goal of Yoga, of life of any stage and of any kind of entity. The kleshas *avidya* (nescience), *asmita* (identification with personality), *raga* (wish, desire), *dvesha* (aversion, dislike), *abhinivesha* (fear) are the basic obstacles, open minded, serene, purposeful aspiration is the path.

42) That what struggles is (merely) the body

As afore mentioned, your identifications are not random, but hence not necessarily proper or helpful. You're not your body but it is your mighty instrument. Perceive it well and precise in order to use it best, long and healthy but don't identify with it. Don't mix up dog and master.

43) Nothing could be that awesome or terrible that you should stop breathing

not even a Yoga pose..

44) Take any randomness off your poses

You will stand firm in a pose if and only if you proceed properly. Standing halfway correct in a pose by chance is worthless. Build up the pose such that you will stand safely, firmly and precisely. Unconditionally and reproducible ! Today and the day after ! Simply because you knowingly do the proper things.

45) Clearness is not necessarily comfortable nor easy

These are independent criteria. Clearness may force to act, even in a strenuous or uncomfortable way.

46) Information WITHOUT evidence is meaningless.. Evidence turns information into VEDA (knowing) which cannot be counteracted. That's the purpose.

47) Don't try to cheat me, you're always only cheating yourself, never me, I'm not cheatable. And do the pose well even if I seem to be not watching you.

48) How you build up a pose determines how you will stand in it, the way you leave it shows how you stood in it.

49) Take what you can get and make more of it! That's one of our best „tricks“

50) If there's anything you can't imagine to do, don't try it out !

Your brain would not adequately innervate you body.

51) Life is a spontaneous phenomenon, not predictable nor plannable. You've got to take what comes across and make the best of it. As in a Yoga class ..

52) Trying to suppress something is the best way to insure yourself of meeting it again

53) Avoid cramps !

They are good for nothing and would impair the related muscles for days.

54) It's my duty to make the pose look easy

If I wouldn't you could be discouraged and wouldn't believe you were able to learn it. We have to accept your temporary astonishment at the gap between how my pose looks and how your pose feels

55) exceed the state of allusion by far !

Check out the limits in order to to make the best of your investment of time and energy and experience the maximum depth

56) you delegate three scientists...

... a combinator, thus a mathematician, a mechanic, thus a physicist and an anatomist, thus a physician with the task of designing a set of body exercises that is as universal as possible and not dependent on props, the result is of the poses of Hatha-Yoga.

57) After you leave supta virasana and go to ardha supta krouncasana, do you lie oblique on your mat?

Never mind! The main thing is that you are lying straight in yourself and live and think straight and upright, no matter who seems to be oblique or weird to you - or you to him

58) we are not bound to any tradition...

... and limited to it, neither of any school of yoga nor any other - except that we are obliged as their work has brought us to the point where we are standing right now - but it does not oblige us to freeze at this stand. Traditions represent what we have learned from our predecessors and reflect the past that has an impact on the present. Mankind has the duty to penetrate deeper and deeper into the understanding of its being and that of the world, thus at times abandoning former conceptions, changing them and adding new insights that may be able to put former conceptions into perspective. If traditions contain misunderstandings, misinterpretations and limitations - and this will necessarily be the case - we are to correct them to the best of our knowledge and belief

59) it's yoga, not ballet !

May others stretch their toes away, we stretch the heel. Yoga postures well executed may look graceful or even impressive, but we choose the most meaningful variant of all without asking if a majority finds it the most beautiful.

60) It is not about the perfect performance ...

.. but about constant, albeit not always rapid, progress. Tasks are there to be approached and solved calmly and sustainably. The surface is the surface. What happens underneath, how it happens and why, what energy it expresses: THIS is the real thing!

61) Don't think around for long, do it!

As long as you persist in thinking, you are in a dissociated state. In the best case thinking precedes, in the worst case it circles around without producing a fruit or even produces negative fruits. If favorably, it goes ahead, the underlying slower and less causal layers must follow like the feeling and the physical body, otherwise a conflict and a break of the energy flow occurs. If your thinking is erroneous, you will have recognized it more quickly when you have acted. And if you were careful, there was no damage, only experience.

62) The complexity of a system, whether atom, unicellular organism, human being or solar system, determines the magnitude of its potential consciousness. Its current degree determines the size of the adequate tasks and the responsibility it can fulfill in the grand plan and is nothing else than its current degree of evolution. From this results a goal and the necessity to go the path to this goal.

63) The findings from your experiences and your studies form your background of consciousness, which helps to understand and classify all current experiences and, if you keep your thinking clear and calm, like a parabolic mirror with the light emanating from your self, illuminates the path ahead step by step, goal by goal. Meditation and the effort to keep the mind clear and the focus of consciousness above eye level help you to keep the reflector clean and are important tools for the path.

64) Enlightenment or illumination is only the name for a spontaneous phenomenon in which a spark of spiritual reality flashes into consciousness. In the beginnings of the path as a human being this cannot happen yet, later it happens sporadically and yet later increasingly frequently. Being enlightened, on the other hand, is the state in which the height and clarity of consciousness can no longer be shaken or broken down.

65) Service is a purposeful activity born of the soul's response to grievances or needs of other entities. It is one of the greatest decentralizing factors

66) Decentralization is the process in which the focus of consciousness is shifted away from one's own personality and its alleged needs to things above and outside of it, namely mind on the one hand and service on the other. Thus decentralization is one of the most important processes of development.

67) Besides study, meditation and service are the master tools of development. Meditation is directed inwardly and upwardly, towards the spirit, service is directed outwardly towards the well-being of one's own kingdom of nature and towards other kingdoms of nature and thus serves decentralization.

68) say what you mean and mean what you say - and practice what you preach

..everything else messes up your system and others and makes stupid karma.

69) A yoga class is like life, you don't know which challenge will come next, but you do know that you will take it and make the best of it.

70) quot licet Jovi non licet bovi. For us this means: If he who practices gymnastics in a mass event is forbidden to straighten his knees or the orthopaedist forbids the average patient with little posture and movement awareness to go into a hollow back in everyday life, this serves to protect them and is advisable. An expertly led yoga class, on the other hand, represents laboratory conditions, so to speak, in which any desired precision and the highest level of attention are the best preconditions for maximum effectiveness and efficiency with ideally no side effects. Therefore, the rules of the one do not apply to the other, nor vice versa.