



Ministry of consciousness, exercise, posture and attitude

Yoga order – 1st Revision of June, 27th 2014

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 of 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 lean 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 sustainability of aspiration. Who will prove steadier: your weak and stiff muscles or YOU?

15) Each and every deficiency will show up,

not only those of 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 develops 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 entirety 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 favourite 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 noone 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 und 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. It's 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