

Atha Prayogaratnam .

Anamola Prakaśana - Sutra I.1

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- Hinduism -- Rituals -- Texts.Atha Prayogaratnam

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Acharya Prashant

While I am still not perfect, I am slowly requiring myself to commit to my actions.

Atha yoga

There is so much to be said for that. I am grateful for having you, Nate and BG in my life. When I am more mentally calm then I can be more committed and present to the tasks I want to accomplish and once those are done I can be just as committed and present in the tasks I help others with.

Atha yoga

Now I am learning to fully focus on all these smaller steps.

Atha Yoganusasanam...what does it mean?

I am committed to my garden. Keeping prana inside to me means letting go, even of things which interest me, if it means that I will be unable to focus on the tasks at hand. Can I simply say what a comfort to discover someone who really understands what they are talking about on the net.

Ashta Pratiharya

Which while it feels great to be able to help someone out, it also feels overwhelming when I find myself scrambling to try to get my own tasks done or even started. We can read and intellectually understand many beautiful concepts, but if we are not acting on them, we are not doing Yoga.

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