

Week 6. Resting in Wholeness

In these 6 weeks, we have explored some of the basic human movements, functions and perceptual levels of being through the body. I hope that it has opened up some ideas about functioning with more ease whether you are on the ground, sitting, standing or walking out and about in your daily life or going to sleep.

You may have noticed how as we spend time in each one of these different orientations to the ground and body shapes that we might access or notice a different energy, feeling or effect sometimes increasing energy, calming or stabilising our whole being.

The Taittiriya Upanishad, from which the Ayur Mantra is born, was the first text to map out our existence from gross to subtle layers, acknowledging the body-energy-mind connection. When we feed our physical body through food, movement, the environments and the relationships that we inhabit we are affected on all levels of our Human Being.

As much as formal asana practices guide us to deeper insights, I have also found great solace, safety and healing moving and exploring outside of any 'correct' form. It is from here that we can let go of any stories and negative self-talk but cultivate more non-judgmental awareness by just noticing with continual kindness and compassion.

Ultimately, I feel that the most nourishing practice is to simply meet ourselves where we are and that there is no need to do anything better or be more than we already are; honoring the moment, listening in and making choices from there.

The tantric practice of body sensing and Yoga Nidra can be a helpful resource to develop and understand this attitude and approach. To be able to welcome the continuum of experience without pushing anything away and find the ongoing resource and connection of our True Nature.

NOURISHING YOGA Moves with Sam Loe

This verse from the Vijnana Bhairava Tantra (translated by Lorin Roche in the Radiance Sutras) inspires this sometimes illusive practice of welcoming the opposites of human experience.

*Watch for the moment in which
Two opposing perceptions occur –
Wanting to go and not going,
Knowing and simultaneously not knowing.*

*In the midst of this dilemma,
Let go of both perceptions
And jump into the interval between.*

*Reality flashes forth.
Your being is the shining field of awarenesss,
The continuum in which the opposites play.*

You are this unchanging and spacious field of Awareness. Cultivate your connection with this mystery just as you are, perfect, and whole even as tension or imperfection arises.

I hope that exploring these practices, which is a lifetimes' work, as our physical body and life situations keep changing, that you are able to honour your whole Soma and know yourself as a self-monitoring, self-organising, self-renewing Soma – An Aware, Awake, Alive, breathing, thinking, conscious body.