


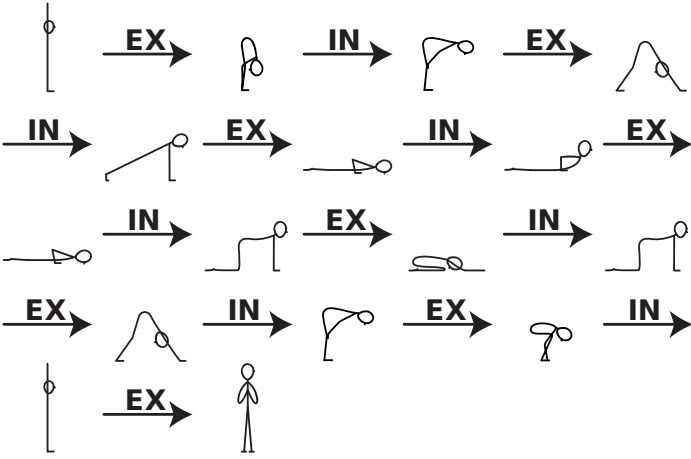
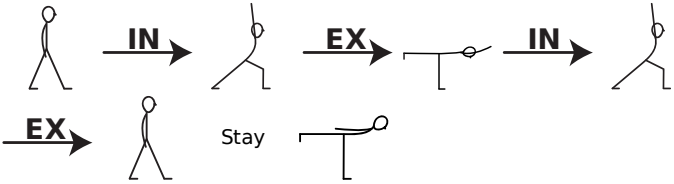

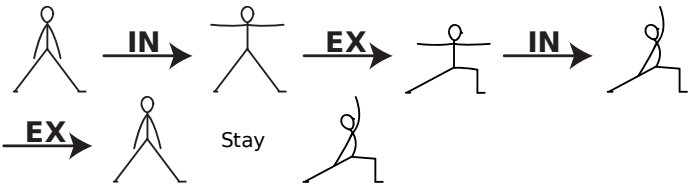



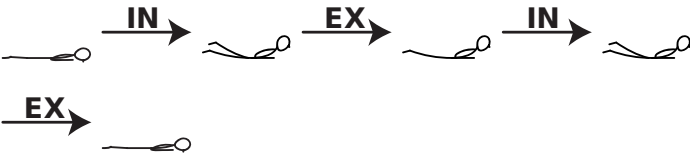








"Dispel darkness" Warrior Practice

INTENTION: To get the student through the dark times by evoking his/her inner warrior.

1		Hero pose. Cool, calm, collected.	Once upon a time, long, long time ago, the dark forces of ignorance and illusion invaded the clear fields of consciousness. The heroes from every corner of the land gathered to protect it.
2		Adapted hero pose. Asking for guidance.	They prayed for divine guidance and support.
3		Mountain pose. Stable and solid.	They sat their camp behind the mountain...
4		Sun salutation. Saluting the sun that dispels darkness.	...and with the first ray of sun they rose and saluted the sun, as it dispelled the darkness.
5		Warrior1 / Warrior 3. Strong and capable.	And the battle day came. Like proud and fierce warriors they charged into the battle defending their glorious land, fighting ignorance and illusion.
6		Standing forward bend. Peaceful and restful.	Then they took a moment of rest to gather their strength...
7		Warrior 2 / Reverse Warrior. Strong and capable.	...and then the battle resumed yet again. The warriors fiercely fought until the forces of darkness had fled.

"Dispel darkness" Warrior Practice

8		Wide-legged forward bend. Peaceful and restful.	They gathered in their tents to take a brief rest...
9		Tree pose. Stable and at ease.	...and when they came out, the land was silent. Only the trees were swaying gently in the wind.
10		Child's pose. Fluid and soft.	The warriors would put their ears to the ground, listening to the sounds of the earth.
11		Locust pose. Moving like locusts.	All they could hear was the sounds of locusts in the grass.
12		Wind release pose. Rhythmic and soft.	They gathered in the tents, trying to fall asleep...
13		Supine twist. Tossing and turning.	...but they could not sleep, still reliving the past battle. They tossed and turned in their tents.
14		Wind release/Happy baby pose. Rhythmic and soft.	And finally the breath became rhythmic, as warriors fell asleep. They slept like children.
15		Bridge pose. Stable and strong.	They dreamt of rebuilding their beautiful land.
16		Savasana. Still, yet alert.	Rest.
17		Easy pose. Stable and at ease.	The River of Life meditation (below).

THE RIVER OF LIFE MEDITATION.

Think of the first childhood memory that you can remember. Think of yourself as a child. Then imagine yourself in a boat of your choice, sailing along the river of life, with the most important events in your life chronologically positioned along the banks of the river. Observe the areas of light and darkness, notice how these events had affected you, notice if they'd changed your course. Observe the movement of your boat and what propels it to move forward: do you do it yourself, or somebody else does it for you, or are you being carried? Continue to travel through life until you reach the present moment in time.

Once you do, continue to move forward, visualizing what you want your life to be. Where are you heading? What is the ultimate destination? How do you plan to get there? Are you on the right course? Spend some time with your vision of your own future.