

Ahimsa

Golden Rule is remembered, and deeper
"You treat your friends better than yourself", is recalled

Physical body of others is a breeze to see
Subtle energy of our own often remains hidden

And thus the practice; non-harming.

Mirror in front, pick on this, negative comment on that,
this a bit larger, that more minute, longer, thinner, taller, round, straight
nothing we think as it should be
everything as it is

worry, stress, boredom, insecurity, fear
comparison, judgment, criticism

Unconscious habits brought to awareness
Nails and cuticles and lips nibbled by teeth, then wounds to tend
Senseless diets, excessive . . . anything

Avoidance, explosive emotions, passive-aggressive
Recognition first of acceptance of the corporeal

Later, heaviness of negativity becomes too much to bear
That, too, falls away with realization of disservice

Bugicide to suicide
Love or harm
One or the other
Stillness or chatter
Seeing or blindness
Injure one, cause disruption of the highest energy vibration for all

Harmony, all is as it should be
Disturbance? Let it go.
Ahimsa

Initiation

Odor of rubber identifies new-mat stickiness, crunchy Zafu supports reluctant hips
block, strap, blanket, pillow for orbs of sight
not required, offered for assistance
to see, feel, notice

Muted voices, Indian music, Sacred altar, Cleansing incense

Sit comfortably, how?

Don't know what to expect!

Close the eyes, why?

It's dark and quiet here!

Breathe, when?

Always a connection to now, this experience.

Words, foreign

Intention set

The journey begins.

Place this here, reach that there, left, right, front, back

Unusual shapes, body awakening

Stretched with care, strength increased, balance recognized, nose to knees? Ah, flexibility

Now the seat becomes easy.

The quiet, welcomed.

Breath full, relaxed.

Heart opening, mind stilling, peace permeating,

Can it always be so?

OM

Before there was something, there was nothing

Prakriti created for the entertainment of Purusha

From the formation, the emitence of sound

or

Vibration of heart propagated the resonance

Dancing energy manifests

stone, cactus, zebra, paramecium, metal

Every inanimate object and organism utter the waves

ACUM

All originates from Source

None can do no other than call to that

Which birthed it through audible recognition

Love. Home. One.