

# Five simple tricks to boost your Yoga practice

Nowadays Yoga is a term full of interpretation and misunderstandings. Often we start practicing and we may experience a beneficial effect in our lives, yet by applying a couple of fairly simple tricks we can increase this effect dramatically.

No matter if you are just about to make your first steps in Yoga or you already have an established *sadhana* (spiritual practice), we offer you five easy reminders that could literally change everything.

## 1. It is not about the body (or the others' bodies)

The body is of course involved in your Yoga practice, but it is important to remind yourself that the body is only *the most basic instrument* we are working with. It will be helpful if every time you catch yourself thinking of how good/bad/flexible you look in a posture and with your yoga outfit or checking out the other students in class, well, graciously and consciously let go of these thoughts. A beneficial approach to your practice should exclude any comparisons, evaluations and distractions so that you can focus on the actual practice, which leads beyond the mind if you let it...

## 2. It is not about the posture

Yoga is not about the posture, it actually never was. It is about your state of consciousness while *being* in a posture as each *asana* was specifically designed to provide you with the best possible conditions for a certain energy flow and the increasing of sensitivity & awareness of your Self. So make it a habit to always, always observe the mind while in a posture. Don't aim at physical perfection, aim at complete quietness of thoughts.

## 3. Do not hurry. Yoga is a marathon, not a sprint

Once in a posture, do not hurry to get out of it. Au contraire, holding a posture for as long as you comfortably can will make you relax deeper into the reality it has to offer, allowing it to affect you in a new & more profound way. In time, moving through a series of several postures slowly will make you more sensitive of your body-mind-energy complex. And keep your eyes closed, you should not be concerned with anything happening on the outside.

## 4. Be Here and Now. But Really!

To get the maximum out of your practice, learn to bring your awareness back into the magic of the present moment. As we all know, the mind is a monkey that wants to jump all over the place like a crazy roller coaster ride through memories and future plans, always busy, never still. From now on, every time you are on the mat, make a commitment: I will recognize the power and honor the present moment stepping into the reality of my Here and Now only, which has the potential to bring you all the way back to your Source.

## 5. Don't seek anything that is not there

Instead of looking for something special and extraordinary in your practice, allow yourself to be free from the usual pattern of the mind of having certain expectations. Simply be aware of what *is*, quietly observing without judgment or agenda. At the end it is about our ability to perceive things in a different way, which is not possible as long as we are subject to the very same patterns that we always were.

As you can see, none of these tricks are hard to understand, some of them sound so simple, that they are easily disregarded as one of the things "we already know". The key is though to actually diligently *practice* them and evaluate for yourself how much potency and magic they carry.

May you have a fruitful and joyful *sadhana*! Om shanti.