

[About Anusara](#)[John's Schedule](#)[Anusara Curriculum](#)[Regional Events](#)[Teachers Directory](#)[Community](#)[Online Store](#)[Contact Anusara](#)[Links](#)[Home](#)

Anusara Yoga® in the Community

Costa Rican Shakti

By Jordan Mallah

The entire universe emanates a clear invocation of nature appreciation
The pulsation of the breathe of the universe is vibrant and alive

Luminous royal sun flames majestically burn away mysterious cumulous clouds revealing thin
blowing branches that provide a sacred resting place for stoically perched songbirds

Vibrant yellow wildflowers scarcely speckle the emerald green shaded grasses

Like an Incan rock wall, our community has foundations planted resolutely into the earth, intimately
weaved together like a complex jigsaw puzzle, each rock embracing its fundamental neighbours
unconditionally

Savasana sunsets blend hues of blue and pink into the infinite horizon

Mountainous formations speak with dramatic eloquence, responding to the rhythmic songs of the
gusting wind; both eventually are muted by the dynamic dance of the roaring thunder

Deep in the heart of this Costa Rican land, the sacred space opens the soul, allowing us to respect
our co-dependency

Flowing with the breath, the natural exchange of carbon dioxide from within for outside oxygen
produces a fully present awareness

Each stride is precious and intentional, sensing the left foot lift, glide, and settle, as the right foot
bestows a steadfast foundation

Smiling ardently, we are challenged to soar like a condor, while holding strong to our core

Pristine glacial waterfalls reflect in passionate eyes

Strong winds inflate expansive lungs with sweet, freshly scented mountain air

Alive, our hearts are wide open

We are Peaceful, Balanced, and Free

We look upon everything as filled with God

We pause with thanks and gratitude to experience analogue living in a digital world

Sowing seeds of intention, we cultivate priceless treasures and vastness of perspectives; all aligned
with the serenity life has to offer

Creating spaciousness allows us to generate acceptance and patience

Honouring our union with all of life

Absorbing the healing potency of genuine concentration, we courageously choose to be still

Trusting fully in nature and humanity, we bathe in the auspiciousness of sacred harmony

Through mindfulness we celebrate the sheer exquisiteness of every discovery

Meditation clears the mind and dedication prepares the soul

Nutritious fruits infuse Prana into our being

Each muscle fiber is engaged, confirming the highest intention
A river of sweat engulfs the physical body

This is action in inaction

Chanting mantra

Practicing Tantra

Yoga enables us to line up with the pulsation of life to bring more joy into each day, opening our channels

Motivation is the fruit

Discipline and Union

Ascending higher to greater elevations

Connected creatively with love

Laboring to build community

Working collectively to spread de-light

Practicing loving kindness we develop connections so deep on the cellular levels of our being

Like flowers growing with an intrinsic order and then blossoming into their own unique expression of splendor, we follow the principles of our teachers, knowing their tried and tested ways will allow us to know true happiness

Bliss and peace are contagious, like the chanting of the music that is so elegantly gifted to us

Through practice, dedication, conversation, and contemplation we align with the Shakti

Balance is a moment in the dance of the waves

We are all truly beautiful at the core

We want freedom from pain and suffering to celebrate and glorify life to affirm its blessings

As a community we skillfully learn to line up with the auspiciousness of everything

We can experience the free through the limited, the infinite through the finite

Even when there is pain we choose the highest, a clear and dignified spirit

Through expanding awareness natural delight arises

We clearly transform through intention

One door closes and another opens

Appreciating solstice stillness dawn to dusk, darkness allows us to value light

Maintaining our center the energy becomes stronger and our sensitivity augments

Through compassionate service we motivate for positive social change in the world

Through consistent practice with regularity and devotion we line up with our Dharma

Can you taste the moment?

Pause and get thoroughly meaningful

Filled of awareness

Drink it in

Savor the breath

Every movement is worshipful, elegant, and artful

Giving thanks for the miracle of this splendid universe

Caring smiles and affectionate pats on the back sanction us to breathe Divine love

Tears of joy dispense rainwater that sustains life

Conversations and flowers bloom

Enchanting the senses to mature

Each step is a stride of peace

Delving into an intense Yoga practice

The true mind is revealed

Liberated from distraction

Victoriously uprising expansion of the energy of the breath

Blessings offered into the sea of Grace

Divine bliss

Deep and pure

Smiling at all of life

Meditating with compassion

Working tightly with the community

One United Spirit is

Liberation

The astral body radiates mindfulness

Surrendering to Mother Nature

The essence of tranquility is finding freedom in action

Embracing the joy of existence itself

Celebration of the heart

Staying present in each wonderful moment

When we attune ourselves with Supreme Consciousness, joy naturally arises within us

With light and love we realize sustainability is God's work through us

How marvelously striking and humbling

Thank you all for sharing your openings and creating a magical space where the perfect gets better

Now we are charged with this love, and we are prepared to share this beauty with all beings

Please let's join our hands in our heart center and chant one full Om for peace in the world!

[Back to Table of Contents](#) 

Yoga • Shri • Community
Shop the Anusara Online Store!
VIEW OUR **SALE ITEMS** NOW! 

**The World's Greatest Yoga
Masters**

Vanity Fair, June 2007 **GO»**



Align with the Divine