

SURYA NAMASKAR AND OTHERS

additional to

www.yoga-intervision.com/some_little_smiles.html

as well to www.yoga-intervision.com/ontheway.html

(in dutch www.yoga-intervision.com/onderweg.html)

1.

om

primordial sound

origin that feeds all

www.yoga-intervision.com/some_little_smiles.html (sheet 7)

2.

darshan

the divine felt to be present
mountains, temples, rivers, rocks
other ones eyes yours as well

www.yoga-intervision.com/docutip.html

3.

yatra

holy places visit them
until you will find yourself
wherever you are just as holy

www.yoga-intervision.com/pdf/schoonheid.pdf

4.

yajna

all you got is given
hand over it that's yajna
to offer ourself our dharma

5.

surya namaskar

the outer light shines
always and everywhere
likewise your inner light

practising surya namaskar
celebrates brings to birth both

6.

bodhicitta

no vows please you can't keep
the wish to end all suffering
starts with enduring ours
next door as well

www.yoga-intervision.com/worldprayer-lordhavemercy.html

7.

karuna

deep down you feel superior
don't you think so?

compassion includes yourself
then you don't think so

www.yoga-intervision.com/some_little_smiles.html (sheet 27)

8.

yoga

connectedness
with all and everyone

beyond time and space

www.yoga-intervision.com/pdf/beyond-time-and-space.pdf

9.

samsara

one day my skull will be
your begging bowl
my ashes your grime

10.

guru

mind your step
give room to your inner voice
that's he's waiting for

www.yoga-intervision.com/ontheway12.html

11.

sangha

neither a close family nor a prison
support by shared interest
sangha is in between

12.

satsang

truth is like snow
that falls unexpectedly
so be in its company

13.

mudita

no greater joy than the joy
because of another's joy

www.yoga-intervision.com/pdf/gita_yogasutra.pdf (sutra 2.4)

14.

avidya

ignorance is no argument

www.yoga-intervision.com/ontheway21.html

15.

maya

real or not real?

as a manifestation of the divine all is

the question doesn't arise

www.yoga-intervision.com/some_little_smiles.html (sheet 23)

16.

prasad

offered food

magic communion

17.

prana

vital breath

force to explore

yourself and the world

you can't stop

18.

shakti

it's she who creates

she who cares

never seen him

19.

neti neti

thanks to

not this not that

a multiple this and that

a multiple engagement as well

www.yoga-intervision.com/pdf/satchitananda_swarupa.pdf

20.

moksha

whoever reaches

he can not tell

www.yoga-intervision.com/some_little_smiles.html (sheet 25)

21.

sannyasa

no need to speed swami

at the end everyone succeeds

traditionally indian authors refer in their last poem to themselves

www.yoga-intervision.com/pdf/ontheway-addendum-onderweg.pdf

'some little smiles' is provided with a few short explanations

(sheets 35, 36, 37 www.yoga-intervision.com/some_little_smiles.html)

'surya namaskar and others' asks the reader to orientate him/herself more closely

dedicated to srimati

love in action - dear one of all of us

www.yoga-intervision.com