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Yoga with Rama

By RAMA VERNON

In this classic meditative pose, the cross-legs are sealed in the position of Padmasana meaning the posture of the Lotus.

One of the most exquisite of all blossoms, it is hard to believe that the pure white Lotus, the symbol of purity and clarity takes seed and grows from the depths of the mud beneath the water. Even as it floats delicately upon the water it remains attached to its umbilical stalk that sinks its roots deep into the mud.

Lotus watchers have said that this rare flower has surrendered itself completely to the light of the sun. Each night as the sun sets, it folds its exotic petals to await the light of each new day. The flower as well as the pose is very symbolic of our own ultimate potential (even though we can't exactly relate to mud).

In this posture, the back remains straight without conscious effort which helps the mind to trip out a little more freely . . . it also prevents the practitioner of meditation from falling asleep. Another incentive for you more agile beginners of the difficult Lotus Posture is the benefit it has upon the veins in your legs. One nameless physician went so far as to say that sitting cross-legged in this or any position, was far less harmful to varicose veins than standing or sitting in a chair. However, many of us have found that to sit cross-legged at all times is a little tedious in certain social situations . . . especially when dining out.

Hand Position (Gnana Mudra)

A Mudra is a symbol or a gesture, either of mind or body or both. Gnana means knowledge or wisdom so the position of the hands resting upon the knees with palms turned up and the 2 fingers

Lotus posture



joined simply means . . . a gesture of wisdom or knowledge.

Why?

Perhaps because the index finger symbolizes the personal or individual self (sometimes referred to as Ego) and the thumb represents the universal

self. When we bend the individual (or egoistic) will into the universal will, the circle created by the finger and thumb represents the circle of unitive wisdom. This also becomes a gesture of humility symbolizing "letting thy will and not mine be done." Pretty heavy!