

Rhythmically building up the Half moon- *anjaneyasana*

Consider, an asana describes a movement picture.

This movement picture expressed on the physical shaping of the pose, is perhaps at first only seen in an outline or only on the surface, for it contains a movement which is not yet fully seen or experienced.

The movement picture lives in the thought life, which through a rhythmical approach we develop the ability to open to and expresses outwardly with a growing depth of experience played out through the soul onto the body.

Slowly the movement picture comes into view, which we experience as a perception, because with the forces of the soul we participate with the true thought connected to the pose.

We think the thought – by holding the image or picture

We feel the thought – with subtle inner feeling a quality arises within

We act with thought – the body comes into the shape of the pose more fully

This rhythmical interplay between thinking, feeling and acting, arises naturally out the concentration to the thought observed onto the body. Always first the thinking has to go to the thought, to the picture of the pose both in its outer form and inner meaning, otherwise we work from out of the forces of the body rather than placing our attention to the thought, which stands as though above and outside, and remains as such through out our practice.

The thinking stays to the thought as we participate with the action of the pose, and with time subtle feelings arise, which are connected to the quality of the pose undertaken. With much practice, perseverance, patience and interest we take steps to create the pose more and more into the depths of its true movement picture.

Below is a description of how to do the Half moon.

The true movement picture is described by Heinz Grill in ‘The Soul Dimension of Yoga’, to this I read the how to practice, the picture and meaning of the pose, I looked at the photos and found some simple steps based on these descriptions. The building up steps are, therefore, inspired by the spiritual thought from Heinz Grill, which if you read you will see the connection in the following.

How to do the Half moon - *anjaneyasana*

1. Observe the shape of the pose – half moon crescent shape. What do you notice? Come into the pose. Bring your right foot forward and left foot back, transfer your weight onto the front foot, the chest is lifted a little with the shoulders relaxed, let the hips sink downwards with the arms resting by the side. When you have an established stable base, after 20 secs or more, picture again the crescent shape of the pose and then raise the arms above the head, without over stretching the arms glide outwards as the spine arches slightly up backwards. Whilst in, observe the half moon crescent shape as though from the outside looking upon the body.
2. The half moon expresses a movement that goes in 2 directions to the earth and to the cosmos. Observe how the form shows this movement and come into the pose as mentioned above.
3. This movement to the earth and to the cosmos does so with an extending quality and with an openness. For, the curve shape extends towards the earth and to the cosmos, and the curve opens outwards to the earth and the cosmos. Come into the pose and form the extending and opening outwards to the earth and cosmos.
4. The extending movement centres in the region of the 3rd chakra by the solar plexus and moves outwards from here. Come into the pose and focus on extending outwards down into the legs and up through the spine, as you extend let the hips sink closer to the ground. Keep the shoulders relaxed.
 - Notice by sinking more into the earth you're more able to extend out through the spine into the space above.
5. The extending and gliding outward movement is also hindered by the tension in the upper spine. By creating more of an opening in the region of the 5th chakra by the upper chest and neck, you are able to extend more through the spine, so this time come into the pose, let the hips sink down and focus on guiding the upper spine by letting go of the tensions, letting the shoulder blades slide down the back. Take care not to let the head fall back too quickly, the head will find a more relaxed position once you have built up the capacity to form a stable base. This takes time. You can imagine the opening outwards a bit like a flower as she blossoms and opens outwards. Come into the pose.
6. The half moon crescent shape expresses an expansive movement, which arises by extending outwards and opening outwards, by guiding the pose out of a picture of these two aspects we notice how they are connected, and how with time we bring them more into relationship to create a greater expansive movement, which we experience within through the polarity of a subtle feeling that in the one hand is like being held in a great tension and on the other hand of freedom to move.
Come into the pose.

Lisa taking steps in the Half moon.



In comparison a more full picture is shown by Heinz Grill in the pose.



