

**KUNDALINI RISING**

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## Eight limbs of Ashtanga yoga

*Ashtanga* is a vigorous and demanding physical practice. Maintaining a daily routine of the 'primary series,' as the sequence of *asanas* is called, requires discipline and dedication as well as an entire overhaul of one's lifestyle. One must keep mind and body clean, otherwise it is not possible to muster the *dharana* (concentrated focus) required to do the *asanas*. For example, you cannot stay up late at night and still manage your practice because your physical and mental strength will not be enough. You cannot have a drink or two, or hold on to resentments, or smoke, or be caught in a negative thought spiral, because these will all affect your ability to concentrate and perform in the morning. You are forced to treat your body as a finely tuned instrument.

Practicing daily made me sensitive to what I eat, how much I sleep, and what I obsess over during the day. I can feel sluggishness on my mat during practice if I pigged out on junk food the night before. Thus, the practice gently moves you towards a healthier lifestyle. To bring mind, body, and spirit into alignment for one and a half hours a day requires discipline, but it's worth it, because this slow polishing process, leads you towards a state of enlightenment, or '*samadhi*.'

*Ashtanga* means with eight limbs, and refers to *yama*, *niyama*, *pranayama*, *asana*, *pratyahara*, *dharana*, *dhyana*, and *samadhi* aspects of this tradition.

**Yama** — social ethics. The five *yamas* are: *ahimsa* (non-violence, meaning no negative thoughts, words or actions towards yourself or others), *satya* (honesty, with yourself and others), *asteya* (no stealing — of possessions or time), *brahmacharya* (wise use of sexual energy), and *aparigraha* (non-possessiveness).

**Niyama** — personal ethics. The five *niyamas* are: *saucha* (cleanliness of mind, body, spirit), *santosa* (contentment), *tapas* (discipline), *svadhyaya* (self-study, reflection, looking within), and *isvarapranidhana* (surrendering to a higher power, keeping God in our hearts.)

**Pranayama** — breathing exercise for expansion of vital energy (*prana*).

**Asana** — physical exercise for stability of body. This is the one most people associate with yoga, though it is only one part of eight.

**Pratyahara** — withdrawal of senses (so you can look within and listen to your heart).

**Dharana** — single-pointed focus, concentration on a



single point.

**Dhyana** — meditation for stability of mind. This is perhaps the most important part of yoga. Meditating on emptiness, releasing ego, witnessing thoughts but not getting caught up in them.

**Samadhi** — a state of bliss.

To achieve a state of bliss, we must practice all eight limbs. Once you perform the ritual of the primary series a few times, it is not hard to love this tradition of yoga, because the benefits are instantaneous. You feel stronger, calmer and more capable of surfing the turbulence of life.

To watch her yoga videos, subscribe to her channel:  
[youtube.com/shaziaaminaomar](https://www.youtube.com/shaziaaminaomar)

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## Time in traffic, waste or invest?

Living in Dhaka and spending time in traffic comes hand in hand. Either we find a way to deal with it or just sleep through it. Even though it might seem like a distant memory now with the ongoing coronavirus lockdown, traffic seems to have persisted nevertheless. And so, traffic is going nowhere anytime soon, so let's just find our ways to make use of it and invest our time while in traffic instead of wasting it.

**Set up your day**

Spend time in traffic setting up your day. If you do so, you will be able to allocate your time better. Navigate through the classes or meetings you have throughout the day, think if there is any way to plan a get-together with your friends or give time to family. By doing so, you will have a clear visualisation what your entire day might look like.

**Learn anything**

A plethora of platforms catering to all sorts of learning are at your disposal. You can read through pages; you can close your eyes and listen or you can watch and learn new things while commuting. I understand the need of taking some time off and scrolling through social media just for nothing but then again, learning will pay off in the long run.

**Start working early**

Many of the readers might not be a fan of the idea, but I would always prefer an

extra hour put into the work. It is not because of my infatuation towards working as an entrepreneur but starting early will give you more time throughout the day. You could send e-mails, follow up, start working on your task at hand or just talk with your team members before they start the day.

**Sleep**

Sleeping is not a waste of time; it is an investment on your health. In the rat race of 9-5, we end up having very little time for sleeping and recharging our body. Sleeping while commuting might balance the lack of sleep and give you energy to navigate through the day. If possible, to take a quick power nap and reenergise.

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ঠিক যেমন ঝপচাঁয় আড়িজাত্য মাতেরই

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সোপ

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