



Full Aura Jacket

## Description

# My Unique Full Lotus Yoga Practice

My whole life I have had a full lotus yoga practice. When I was a kid I learned yoga from Richard Hittleman books and so I just did what the blond girl was doing in the pictures in his book.



It was really difficult and painful but I eventually got my legs and feet to snap into full lotus position. *And then we never ever did it in yoga class, it is not even practiced in Kundalini.* So there I am, the freak as usual, the only person in yoga class sitting in my meditative space in my full lotus asana like a skinny little freak.



Josie in easy pose

Josie Kramer was the first yoga teacher to mention my full lotus asana five years ago in vinyasa class at the Bay Club. Josie said that she knows people who have been practicing yoga for twenty years who cannot sit that way.



My work was noticed yesterday by Siri Shakti Pam Davis when she told the class: “Sit like a yogi, whatever that means to you.” I just know she was talking to me as I folded my aching legs back into full lotus. The Kundalini teachers all tell the class to sit in easy pose but I only sit the easy way after I have pushed myself to my limit the hard way.



## How Does He Do It?

First thing every morning, I beat my legs, ankles and feet into submission in the steam room and sauna at the Bay Club, Equinox, LA Fitness, Balley's, Nautilus Plus, Foothill Athletic Club, Gold's Gym, Malibu Gym or World Gym in Palm Springs. It is difficult and painful to be at the head of the class. It takes a lot of time to work on yourself.



Practicing Kundalini yoga takes a lot of time. Kundalini yoga as taught by Yogi Bhajan is supposed to be householder yoga, suitable for guys with a wife, kids and a professional career. In my experience, Kundalini is way too esoteric and time consuming for mass appeal. I'm experiencing total mystical transformation. I have been looking for a formal method to harness my energy into full lotus consciousness and Kundalini breath of fire is taking me there.



### Category

- Liberation

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