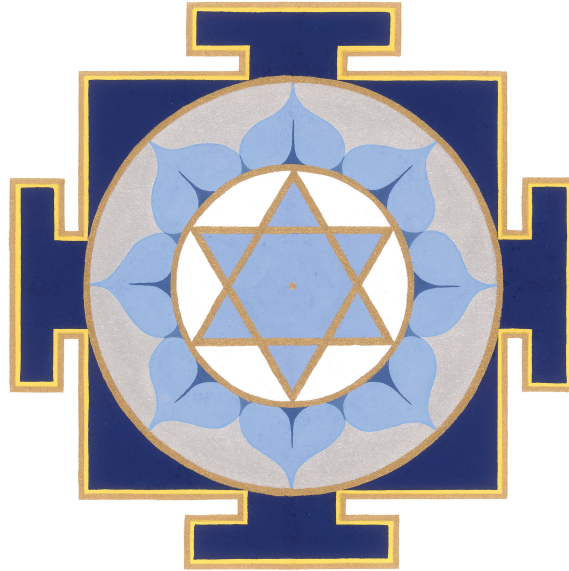


Hatha Yoga

Om Sham Shanaye Namaha



Saturn rules the path of Hatha Yoga. Here Hatha Yoga means the path of silence; moving through the purification of the physical body to arrive at a place of connection with the depths of peace within. This is a profound and peaceful energy. Saturn requires some solitude to connect with this peace. A separate 'cave' in the home, or a private location to spend time in far away from external stimuli. Hatha yogis often feel that they are in the world but not of the world, they feel a certain distance from the rest of the population. This may be the ability to witness and observe, also the ability to spend time on a silent retreat or in a hermitage and literally be far away. Some renouncing the world can be centering and allow them to focus on the realms within.

It is through the physical body that Hatha Yogis get to know their mortality. They discover the dwelling place for spirit. In the science of Hatha Yoga, the physical practice can be the meditation in movement. Other forms of movement or bodywork can be equally centering. The *Hatha Yoga Pradipika* is an excellent book to see the journey from the physical body to the subtle bodies and beyond.

Physical work and hands-on activities like gardening, cooking and building are meditative. Structure and boundaries created by structures like architectural projects are intriguing to the hatha yogi who is perhaps on the quest for the perfect cave. The body even as it moves through asanas is discovering the boundaries between self and other.

Intimacy here will be an experience of the physical to reveal the mystical. Diet also can be a means of exploring the physical to achieve a mystical experience, for example certain kinds of fasting.

Clearing and cleaning, deleting, emptying, are meditations within the body, in the mind and in the home. Moving, giving away all of the possessions and having a chance to 'start over' can be wonderful; wiping the slate clean. There is a slow and steady energy to Saturn which over time can reap great rewards, often seen as hard working and thorough, also analytical or mechanical. Saturn gets stronger with age, you might see more of Saturn's strength over time. Saturn is a deep and slow thinker, often uncovering today's emotions tomorrow. Saturn stays the course and is reliable and responsible with his word and commitments.

The mortality of the body further becomes a place for meditation through the passage of death and dying. Spending time with others who are transitioning from this plane of existence can bring the Hatha Yogi towards their peace. Saturn allows you to be in touch with your fears and move beyond them. The fear of death is a poignant place to linger and move beyond.

Meditations for this person will be simple body based practices. Breath awareness meditations that lead to still awareness are Saturnine as are meditations on emptiness.

Meditations can also be active movement like hatha yoga or hiking that bring full awareness of the present moment through the physical body and the magic that arises.



SARAH TOMLINSON · NINE PLANETS

SATURN INVOCATION

Using your Yantra and Mantra
Sit with them each day for a period of time.

Om Sham Shanaye Namaha

Asana for the planets.
Explore how each posture makes you feel during and afterwards,
just beginning (yes even thinking about) the asana is enough.

Savasana, Rooster, Bow

Jewels

Blue Sapphire, Platinum, Silver

Color of clothes and in surroundings, notice how it makes you feel

Dark Blue, Black,

Pay attention: Do you feel anywhere in your life you have
TOO much or TOO little of this Saturnian Energy?

Cooking foods with this color.

Purple Carrots, Black Rice, Black Sesame Seeds, Eggplant, Purple Potatoes

These rituals invoke the planetary energy in your own body and balance it within
you. You will start to see changes in your outer life. What do you notice?

