

Query – What is the form of posture?**स्थिरसुखमासनम् ॥46॥**

Word meaning: Sthirsukham – The position of the body, which is stable and comfortable is known as posture.

Meaning – A practitioner has to proceed on a long journey with the help of meditation and concentration, and he or she has to sit in a stable position in order to achieve this. The sitting position is known as posture or Asana. What are the qualities of posture, which prove helpful for a practitioner in his or her long journey? That posture is both stable and comfortable. The position in which a practitioner is able to sit comfortably for a long time is beneficial for yog and devotion. Generally speaking, Swastikasana, Sukhasana, Ardhapadmasana are a few such postures, in which a practitioner can sit comfortably for a long time. However, in case of illness or some kind of handicap, Shavasana can also be used for practice.

Query – How does one get stability and attentiveness in a posture?**प्रयत्नशैथिल्यानन्तसमापत्तिभ्याम् ॥47॥**

Word meaning – Prayatnashailinyananta samapattibhyam – A posture becomes comfortable when the practitioner concentrates on the unending power (God) and makes best efforts.

Meaning – It is our experience that it is very difficult to sit in a same position for long time with stability. The body itself shows the need to change the position. If we do not change the position it causes restlessness and finally we are forced to change the position. We need to understand some basic things in order to avoid such a situation. There is a strong relationship between our mind and position of body, which has an immediate impact on our body. From

this point of view, the biggest reason for the instability in our posture is frequently changing mental condition. Unless a practitioner is able to stabilize his or her mind, it is not possible to stabilize the body and vice versa. The best method to achieve the stability of both mind and body is to sit in a comfortable posture and relax the mind and body completely. The practitioner should be determined not to get disturbed emotionally or otherwise or get immersed in the unending, shapeless and almighty god. This helps the practitioner in sitting attentively in a particular posture and that too in a short time.

Query – What is the result when a practitioner becomes successful in sitting a stable position?**ततो द्वन्द्वानभिघातः ॥48॥**

Word meaning – Tata – Afterwards and once he or she is able to stabilize in a particular position; dwandanabhigata – the practitioner does not realize cold-heat conditions, hunger or thirst and resolution or alternative etc.

Meaning – Unless the practitioner is not able to sit in a posture for at least three to four hours he is influenced by hot and cold conditions, hunger, thirst and mental conditions. There is a kind of confusion in his body and mind. But once the posture gets stabilized, then these confusions are overcome. Even if the confusions or dilemma arise in the mind of the practitioner, he or she does not get influenced due to it. The life cannot be divided therefore all our actions do have a mutual impact on one another. There is a big influence of our meditation period on our normal routine period and vice versa. When the practitioner is able to stabilize in a posture then he is free of all kinds of confusions not only during meditation period but also during routine work period and he or she does not get disturbed in any kind of situation.

To be continued...