Essay

I would describe the 2 firsts limbs as

1) Yamas: how to behave with others

2) Niyamas: how to behave with myself

in correlation with my values in life which are: love, respect, listening, understanding, recognition, growth, health and sharing.

I try to live my life as much as I can according to the values that are important to me.

In order to live that way I try to apply the other 6 limbs wich are the asanas, pranayama, pratyahara, dharana, dyana and samadhi.

I therefore practice postures, breathing techniques and meditation at least once a week in a group (class) and on a daily basis with my clients in my practice as a kinesiologist.

Of course, I can face obstacles such as the 5 kleshas (avida, asmita, raga, dvesha and abinivesha) and I especially have a hard time seeing things as they are and accepting that sometimes helping people (my client) can be frustrating or make me feel powerless. I also have a hard time letting go of the results I want to achieve, which I sometimes want to be "perfect" rather than being as they are "not perfect".

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