

Rajah pose



Sirsasana

12.



Find the most comfortable position for your head to support yourself. Try to avoid abrupt movements. Find the moment when you feel confident in a half royal pose and then start lifting one leg up at a time.

My dear student, if you're going to be empowered, if you lead the life of a Rajah, which requires constant vigilance and that requires your personal radiance, like the radiance of the Sun, in order to make a conspicuous figure for your subjects and trigger fears of your enemies, please practice this Royal pose. Here is Rajah pose - Sirsasana. In a beautiful surrounding may rajah places put the body on the head, and rest only on the head and elbows and keep the body straight. If you rule the country and if you are short of time practice at least this one pose.