

Songs of Sadhana

Ki McGraw

*Dedicated to my teachers, seen and unseen
most of whom have been my students, and especially to
the ones who come in the night.*

Padmasana

The Lotus blooms in her own time.
I may wait patiently or impatiently.

It matters not.

The comfort of this world dissolves into Cosmic Light
beyond near, beyond halogen, beyond stellar and solar.

No desire ever answered meets the brilliance
of the blooming Lotus.

Surya Namaskar

Something in the warmth tells secrets to my cells
about receiving the love that swims us through life.

My body is no longer mine but a grain of sand,
a rippling wave, a cloud drifting on the invisible wind.

Opening to this day, this breath, this way,
I find a place inside and outside at once
which is always here
awaiting my return.

Trikonasana

Make me three instead of two.

I saw the sides of the Divine!

No wonder we duel (dual!) with the world outside,

since the third escapes us-

unless in stretching our hearts wide open

we see the Inside.

Parwakanasana

Go ahead and walk on me.
Lay me down or twist me. As You wish.
I see You've had Your way with the palms
and still they reach out to You. Up to You.
And Your storms have raked my body, mind, soul.
I, like the palms, reach ever more, without my hands.

Prasarita Parwakanasana

Something to hold on to or struggle with-

Oh! It's me again!

This familiar release becomes the welcome Friend,
who once broke my heart
just so I could learn how to mend.

Virabhadradana 111

"Strike me down!" my ego blows.

"Release my carcass into rot & void.

Take all, save strength rooted in sands of timeless time.

Let that be your warrior or love and life."

Parvottanasana

*Stiff, straight & narrow
to open up a space so huge
the whole of creation
comes out from within.*

Virabhadrasana 1

There's a line to be drawn and a place to stand.

Take a point of focus and breathe.

Nothing else.

Everything else!

Vrksasana

Oh, tree! Awaken in me.

Let my sap sing the son of days
and my roots reach into the cavernous night
of your heart.

I submit to the pruning like brother palm
sister oak.

Old limbs fall, new buds grow.

Prasarita Parvottanasana

That still silence has unclogged the drain.

All flows in & out without asking.

Yes, the Ocean enters,

I yes, I've come from Her.

Neither of us wonder or remember why.

Ardha Chandrasana

The waves wash the Earth with tidal changes.

Mother Moon governs with hidden force.

She bends our senses to and fro,
ebb & flow.

her cycle is our compass-
around & around we go.

Natarajasana

I am being danced by music silent and strong.

It sings to wakefulness my sleepy soul,
and moves my feet until they still.

Its rhythm beats the drum of my heart.

Do you hear it?

Shall we dance?

Garudasana

Winged beast within flies on wind
of unknowable heights.

Gravity and density weight me here,
tethering me to this home of stone.

Making peace with duality,
I learn.

Paschimottanasana

Skeletons of organisms & eons of decay
hold and release the shore, the sea.

Sand and foam mixing in me,
flowing around the spine of Samsara.

Ardha Matsyendrasana

Reaching, wrangling, twisting, prying
eying somewhere over there,
the Sage sees me and grants my efforts
the humblest nod, saying
"This Way."

Dhanurasana

Bridging the gap
between life and death
is this breath
rising and falling
within my breast.

Eka Pada Chakrasana

Where is straight when I'm upside down?

Where is lost when I am found?

Why this noise when there's just one sound?

What is hell once I'm Heaven bound?

Raja Kapotanasana

Bending both knees, surrendering,
I bow and climb at once.

Flying on wings of groundedness, I soar thru unity.

Reaching up brings me down.

Pressing down lifts me up.

Looking out, I see inside.

Urdhva Mukha Swanasana

I awaken and feel You by my side.
Joyously, I stretch myself, opening to You.
Your awesome grandeur mirrors the light
in this morning reflection.
Each ripple, stone, leaf, my soul
shines with love of Your creation.
How may I serve You today?

Adha Mukha Swanasana

"Down, Dog!" To Your command alone I respond.

Yes! I'll bend over for You. Only You. I trust You.

You scratch behind my ears and I wag.

My tail, so long and so happy

knocks illusions off the table.

Crashing to the floor, revealing a glimpse-

Dog is God spelled backward.

Salamba Sarvangasana

*Nourish me, Mother, with the milk of Your Earth.
Soaking up the clouds with my toes, my mind quiets.*

Your nectar sweetens me.

*My spine replenishes its channel, so that once righted
I may walk with You in each step.*

Lightly.

Halasana

Digging this fertile earth
I'm planting seeds of stars.
Remembrance of light, lessons of love,
burst within this tool.
My burdened body releases its pack
as it realigns with its place on earth.

Karnipidasana

Crawling back within
I hear the inner Ocean.

Tides change.

Ripples shimmer on the surface
of infinity.

Urdhva Padasana

*One instant of balance
radiates outward
multiplies & returns.*

Ki McGraw, HD, MSW, RYT Yogini and author of "Songs of Sadhana" was photographed at beautiful locations on Guam including Tolofofa Falls, Inarajan, and Ritidian Beach in 1997. Currently Ki instructs at the Hatha Yoga Center in Seattle, Washington and on retreat in various international locations. She is also author of Naked Yoga, Partners in Yoga, Pieces of Oneness, Both Sides of the Couch, and Macchu Pichu in Postures and Poetry.

