

# Suzette O'Byrne

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## Following Your Energy Lines

Newton's third law of motion states: When a body (F1) exerts a force on a second body (F2), the second body simultaneously exerts a force on the first body (F2 + -F1). This means that F1 and F2 are equal in magnitude and opposite in direction<sup>1</sup>. If we are F1 and the Earth is F2 we can connect to the Earth's energy/force upwards into our body as we press down into the Earth. We receive as we give. As you stand in Mountain Posture (Tadasana), press down into the base of the big toe, little toe, inner heel and outer heel. Feel how you draw energy up through the center of the foot through the inner thigh to the inner core. This is what we call a yoga line of energy.

Yoga Master, Erich Schiffmann speaks of lines of energy and how "Yoga done properly is a matter of creating, directing, and channeling "energy" through various templates. This involves knowing how to create a line of energy with specific current". "The idea is to be creative and sensitive in the poses, to follow the lines into your tight areas so they can release and open, and to search for the alignment that feels perfect"<sup>2</sup>.

The next time you are practicing yoga, spend time feeling and exploring lines of energy.

- In your standing poses, feel lift from the Earth to your core as you reach from your core into the Earth.
- In 1/2 Moon (Ardha Chandrasana) or Triangle pose (Trikonasana)- feel the energy from your core out through your right and left leg, your right and left arm and to the crown of your head and base of your spine.
- In Warrior II (Virbhadrasana II) feel the lines of energy out to the ends of each finger as well as the four corners of the feet pressing into the Earth and the Earth pressing back into the body.
- In Final Relaxation (Savasana), soften into the Earth/your support and allow the Earth/your support to soften into you.

When we tap into our lines of energy, we internally self correct, realign and adjust to find the precise alignment that is custom made for each individual in each moment. Our breath opens and we connect to our free flowing creative life force. We can also use our connection to lines of energy to connect to the energy that flows from within to everyone and everything around us and from everything and everyone around us to within. We learn how to choose what to receive and what to give. We discover the balance within giving and receiving.

Namaste,

## Suzette O'Byrne

Flow Training & Yoga

Heavens Elevated Fitness - Offsite Program Director - The Glencoe Club

Yoga Alliance Experienced Registered Yoga Teacher

References and further reading:

1. Wikipedia
2. Yoga - The Spirit and Practice of Moving Into Stillness by Erich Schiffmann, Pocket Books, 1996.