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## Let in to Let go - Let go to Let in ? The Two Sides of Practice

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Last month, we discussed the meaning of Yoga in

Yoga Sutra-s (YS) Chapter I-2. Patanjali goes on to explain that there are five ways to experiencing that state called Yoga:

1. Abhy?sa? By practicing ? YS I, 12-16
2. Vair?gya ? By detaching - YS I, 12-16
3. Bhavapratyayo ? By birth (naturally born in a state of Yoga) ? YS I, 19

4. ?raddh? ? By trusting in your goal - YS I, 20-22

5. ??vara pranidh?n? - By surrendering to the Highest - YS I, 23

**In the months to come, we will be focusing on these five routes to experiencing Yoga, starting with YS I-12.**

**I-12 Abhy?sa-vair?gy?bhy?m-tannirodha?** That strongly centred state of mind-body (**tannirodha?**), carrying us towards Yoga, can be reached through the continuous practice of being Present (**abhy?sa**) by letting go of anything standing in our way of that Presence (**vair?gy?bhy?m**).

**Let in to Let go - Let go to Let in ? The Two Sides of Practice** One of the hardest things in life is letting go of the old to let something new move into our lives. How do we find the strength to do that?

Patanjali says that these are two sides of the same coin. On one hand, we need to let go to let in. On the other, we need to let in to let go. We need both to transform. For example, for months, I have been trying to let go of a very deep relationship that is no longer serving either of our lives in its present form. How will I find the strength to do that?

In the next month, we will be diving deeper into both abhy?sa (letting in something new) and vair?gy?bhy?m (letting go of something old) to experience tannirodha? (centred, grounded mind-body).

**Yoga Sutra Question** What do I need to let go of right now in order to let something new in? How will I find the strength to do that?

Yoga Sutra <sup>[1]</sup>

1-12 <sup>[2]</sup>

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#### **Links**

[1] <http://www.yogatherapyinternational.com/tags/yoga-sutra>

[2] <http://www.yogatherapyinternational.com/tags/1-12>