

dancing in the divine

More Poems from the Heart of Practice



Dr. Olga Rodríguez Rasmussen

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Dedication

To Maria Hamburger
beloved teacher
and friend—
for feeding my soul
and body
with your wisdom and instructions,
and for encouraging me
to go into my heart—
again,
and again,
and again!

You embody
and show me
that we come to the mat
to know
that we are already
ENOUGH!

Thank you
for leading me—
to drink
from a deeper well!

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Living in the Power

to let go
of attachments
of the spirit
and of the body—
this alone I seek

*“I live by the power of God
and not by physical means only.”¹*

let me dwell
in this power,
let all my sustenance
be derived
by the living acknowledgement
of this sacred truth

let it ring forever
as a sacred mantra—
upon my lips
and in the cave
of my heart.

truly, let my every act
and breath proclaim:

“I live by the power of God!”



¹ Paramahansa Yogananda. *The Second Coming of Christ*. Vol 1. Self-Realization Fellowship, 2004, p. 172.

Only Oneness

I seek—
only Union,
only Oneness.

*“God is the Master,
Ruler of the Universe.
And those who manifest
their oneness with Him
may also be honored
as masters.”²*

I seek—
only Union,
only Oneness—
not to dwell
in duality,
but in the primordial
state of bliss—
from whence
I came. Yes!
I remember it!

Let me experience
The Sacred Union
That a true disciple
knows—
embodies,
and lives!



² Ibid., p. 185.

Ekagrata ~ God Intoxication

You are an inspiration
To me—
You handle everything
With surrender
And grace,
All that the Universe
And the Beloved
Lay at your feet.

You steer the course,
And never forget
The focus of your devotion
And the purpose
Of your existence—
Even in the midst of
So much busyness
And countless demands.
And the words I read,
Could have been written
About your beautiful soul:

*“From your early youth
You had but one single aim:
To be **ekagrata**...
‘God intoxicated...’
The **atman** within
Was calling you.”³*

Every one of your deeds
And every one of the words
That your heart and lips utter—
Reflect your God intoxication.
Truly, the Divine
Within your already Divine soul,
Called out to you,
And you never refused
Its tender summoning,
And you never shied away
From all that was asked of you—
Not the challenges,
Not the suffering.

I am in awe—
Every day,

³ Ibid., p. xii.

And in every way,
Of all you are
And what you represent.

I will have lived well,
If I can truly be—
Half as God intoxicated
As you are.

I will have lived well,
If I can truly respond
To the **atman** calling within,
Half as well as you have.



Our Prayers Entwined

my prayers for you—
and yours,
fervently said for me,
now mine,
are both forever entwined

your **mala** beads to me,
and mine to you—
worn as bracelets on both wrists—
are now joined
with my hands in **Anjali Mudra**

my prayers for you—
and yours,
fervently said for me,
now mine,
are both forever entwined



Satya

truthfulness calls me
to explore places within myself
I have not seen
or have neglected

truthfulness calls me
to explore my words,
and align my actions
with the purity of my intentions

truthfulness calls me
not only to consider my relationship
to others,
and the world at large—
but to examine the honesty
of my asana
and meditation practice

truthfulness calls me
to re-examine my commitment
to the Divine—
and invites me to a deeper,
and richer
and fuller sense
of embodied awareness

truthfulness calls me
and invites me to reflect honesty
and integrity
and Union

truthfulness calls me
to be true to myself
and what is being asked of me—
moment to moment

truthfulness calls me
to respond to every opportunity
that comes knocking at my door

truthfulness demands of me
to use language wisely
and to open the floodgates
to the power of intuition

truthfulness invites me
to be genuine
and to disclose what truly resides

in my heart and my soul



As The Divine Loves

Just as the Divine Loves
Each and every one of us—
Totally and completely,
So we are called
To love one another,
Totally and completely.

And yet,
Our love is never spent.
Its source is infinite.

Just when we cannot imagine—
Loving any more deeply,
The Divine sends into our lives,
A new one to love—
Totally and completely.

We are called to love
Just as the Divine Loves—
In a never ending circle,
Totally and completely.



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Blessings to all, and Namaste!

About the Author

Dr. Olga Rodriguez Rasmussen, D.Min (E-RYT 200) is a Certified Anusara Yoga teacher. She received her doctorate in spirituality and education from United Theological Seminary in Minnesota. For over twenty-three years, Olga worked in campus ministry and taught religious studies in a number of institutions including St. Louis University, Washington University, and most recently as Chair of the Religion Department at Georgetown Visitation Preparatory School, in Washington, DC.

Olga has been teaching yoga since 1997. She currently divides her time between teaching yoga classes and yoga philosophy workshops at The Health Advantage Yoga Center, in Herndon, Virginia, as well as at other studios. Olga also practices and teaches various healing modalities including Reiki.

Olga's instruction as a yoga teacher is equally enriched by her extensive training in this practice and her deep love of spirituality – which has been a life long passion. She continues to advance her knowledge and understanding of Yoga's rich heritage by studying with highly respected teachers. Through the simple elegance of Anusara Yoga, Olga encourages her students to embody greater alignment, and to connect more deeply with the spiritual essence of the practice – a path inviting transformation, joy, celebration, and compassionate living.

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