

THE YAMAS
&
NIYAMAS

Haikus

by
Catharine Larsen

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It is said that when someone dies, they are born again another time in our hearts. That all our memories of that person flood together, and create an essence that person then embodies. This has been my experience. As Catharine was dying, the memories of her, and the things we had shared, washed over me. I know she loved her family, she loved her church, she loved singing, and she loved ravens. I know these things because when we were together, this is what she talked about. She was and loved so many things. She embodied so many qualities. But for me, she will always be Yoga Catharine.

One of our greatest adventures was collaborating on a book about yoga's 10 ethical practices. Catharine wrote the haiku which introduces each practice at the beginning of each chapter. It was a labor of love on her part and a brilliant one at that. She wrote them out of love for me, out of love for yoga, and out of love for haikus. I have been told that the haikus are so well done and complete in themselves, I really didn't have to bother to write anything myself! Since this book made its debut in 2009, it has been published in 9 languages, including English. Just think, Catharine's haikus are all around the world!

She was a cohort on the spiritual journey and a true friend. And she was a goddess. Catharine, I miss you.

~ Deborah Adele



AHIMSA

Non violence

*Storms rage about me.
I calm my heart and send out
ribbons of peace ~ peace.
~ C.L.*

अहिंसा

SATYA

Truthfulness

*Is my "yes" coming
from a dark corner or from
the light in my heart?
~ C.L.*

सत्य





ASTEYA

Nonstealing

*Why steal from your life
by steeling your will? Instead,
be still and love God.*

~ C.L.

अस्तेय

BRAHMACHARYA

Nonexcess

*In the dark and muck,
a golden lotus blossoms ~
God's grace awaits us.
~ C.L.*

ब्रह्मचर्य





APARIGRAHA

Nonpossessiveness

*Fall deeply in love.
Cherish all in your heart. Now
open and let go!
~ C.L.*

अपरिग्रह

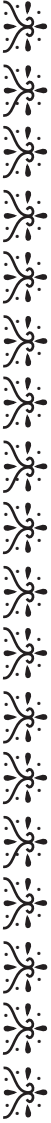
SAUCHA

Purity

*It was glistening
on the green Lady's Mantle ~
Dew so clear and pure.
~ C.L.*

शौच





SANTOSHA

Contentment

*Stay in the center
and notice each moment with
calm serenity.
~ C.L.*

संतोष

TAPAS

Self-Discipline

*Can you show courage
and stay in the fire until
you find the blessing?
~ C.L.*

तपस्





SVADHYAYA

Self-Study

*Know yourself so well
that you will grow into your
wholeness and greatness.
~ C.L.*

स्वाध्याय

ISHVARA PRANIDHANA

Surrender

*Jump into your life
with your whole heart, trusting that
you will fly to God!
~ C.L.*

ईश्वर प्रणिधान





Catharine Josephine Larsen, 88, of Duluth MN, passed away in her sleep on August 30, 2023. Catharine was born June 14, 1935 to Katharine and Earl Knudtson in Minneapolis, MN and lived in Duluth for over 50 years. She received her Bachelor's Degree in Fine Arts from the University of MN-Twin Cities

and her Master's Degree in Psychology from the University of MN-Duluth. She was married for over 50 years to the love of her life, Lauren Larsen, who passed away in 2015.

Catharine taught her friends and family that lifelong learning is one of the keys to a zestful and fulfilling life. Catharine was a magnificent cook, a master gardener, and a soaring soprano. She loved to bicycle and cross-country ski with Lauren, returning from these adventures with a joy that was infectious. She raised her three children and then, later in life, decided to pursue her Master's degree, where most of her classmates were half her age. That led to a career as a therapist working primarily with children, using sandplay therapy as one of her tools. She loved her work and was good at it. Catharine's faith was important to her and she was a member of Hope United

Methodist church. She was particularly proud of her work evangelizing the “Opening Our Doors” movement within the Methodist church, which sought to welcome LGBTQ+ members into the clergy.

Catharine pursued new passions with dedication, trying her absolute best at all times. In her 60s, she took up yoga with her usual zeal. She became a practiced student and then, as Parkinson’s affected her body, became an instructor in chair yoga, helping others dealing with the same affliction. During this period, she began writing haikus; she was thrilled that her work was published in *The Yamas & Niyamas*, a book about yoga philosophy. She delved into trance dancing, silence retreats, as well as hospice work. And her family had the distinct pleasure of dining on fried lily recipes from Euell Gibbons, the Father of Modern Wild Foods...

Catharine had a lifelong circle of close friends and was known for her funny quips and unexpected asides, which brightened their days. She had one particularly memorable story where she unexpectedly walked over hundreds of salamanders, in the dead of night, on her way to the outhouse at her family’s cabin on Battle Lake - she woke the lake up.

We would like to thank the wonderful team at The Beehive and Ecumen Hospice. In particular, we thank our sister Anne, who was the primary caregiver for many years, not only for our mother but also our father (who battled Alzheimer’s), sacrificing herself to ensure our parents lived with grace and happiness at the end of their lives.



Catharine and Lauren, together in France, on a canal boat trip with their beloved Yoga Community. We will hold them both in our hearts and in our minds.