

# Gitananda Yoga Australia

## ENews: *Volume 4 March 2018*

### **NAMASTE!**

It is a little late to wish you all a Happy New Year but I hope that it is shaping up to be a wonderful one for you all. This edition we have:

- **Membership fees due by March31**
- **Taste of India Tour**
- **Golden Jubilee Celebration – 50<sup>th</sup> Anniversary of Ananda Ashram**
- **Vale: Gita Anwar Joesoef**
- **Annual Gold coast Satsang**
- ***The Summer Solstice - Celebrating the coming of the Light***
- ***Healing & Meditation Mantra***
- ***The Essence of Becoming More***
- ***Youth - A poem***

### **MEMBERSHIP FEES FOR 2018 NOW DUE:**

Membership Fees are now due for renewal:

- \$30 Associate membership (this is open to anyone with an interest in Gitananda Yoga)
- \$50 GYA Accredited membership (this includes listing on the GYA website)

Please click on the link below and fill in the form online, pay by EFT, and email the form and your payment details to Murali. <http://www.gitananda-australia.org/memberform.pdf>

Please check out our photos from 2017: <http://www.gitananda-australia.org/gallery001d.html>

### **GOLDEN JUBILEE CELEBRATION OF 50<sup>TH</sup> ANNIVERSARY OF ANANDA ASHRAM**

We are currently planning the events for the Celebration of 50<sup>th</sup> Anniversary of Ananda Ashram in Pondicherry- August 2018.

Those interested in contributing any essays on their experiences, photos, videos are most welcome to send them to me for compiling into the souvenir.

Last date for submission is April 30, 2018 and anything after that will not be included for logistical reasons.

Those wishing to participate in the events can also be in touch with me and those who wish to financially support the events are welcome to contact me personally for details on bank transfers etc.

May we all grow and glow through yoga, and with blessings of Swamiji and Ammaji keep the flag of the tradition flying high in our lives.

With much love and blessings

Ananda

## "TASTE OF INDIA TOUR" - JUNE 2018



A group has been organised for our tour to Ananda Ashram Pondicherry, India to attend special events organised by the Ashram in conjunction with outside events for the 2018 International Day of Yoga, which is now a significant event all over India. Our group is limited to 10 members, so if you plan to join us please confirm this with a deposit of \$230 AUD before the end of March.

We will depart Australia independently to rendezvous at Singapore Airport on Tuesday 19th June 2018 and will depart Singapore for Chennai at 20:25 on Singapore Airlines Flight SQ528. Please make your own airline bookings accordingly.

On arrival we will be transferred by bus to a Hotel in Mahabalipuram for overnight stay. Please advise whether you require a single room or shared. The following day Wed 20th June, we shall continue our journey by bus to the Ashram (ICYER) in Pondicherry.

Our accommodation will be at the air-conditioned Quiet Healing Centre a short walk from the ashram <http://quiethealingcenter.info/>. This will be an additional cost; however meals will be taken at the ashram. During our stay we will join in events at ICYER and visit the Yoga Research Centre at Sri Balaji Vidyapeeth University (SBV) where Dr. Ananda is the Director of studies. We will also take day bus tours to Arunachala and Chidambaram (additional cost). Arunachala is a spiritual site for many Hindus and Chidambaram Temple is one of the five holiest Shiva temples in Tamil Nadu. [http://www.chidambaramnataraja.org/about\\_temple.html](http://www.chidambaramnataraja.org/about_temple.html)  
We shall depart from Chennai for Australia on Fri 29th June, 2018.

The expenses involved will be:

- Airfares
- Accommodation at Marmallaa Heritage, Mahabalipuram 19th June: \$28 AUD each (based on 2 sharing per room) If you require a single room please inform Murali when paying your deposit.
- Breakfast 20th June \$5 AUD
- Lunch 20th June \$12AUD
- Bus to ICYER Pondicherry 20th June (being negotiated)
- Accommodation at **Quiet Healing Centre** – (next door to ICYER) allow \$19 AUD per night (also being negotiated) Inform Murali if you require an air-conditioned room when paying your deposit.
- Tours (Bus costs being negotiated)
- Personal expenses: Allow \$200 AUD
  - Clothing: you may take the opportunity to buy some Indian clothing (preferred in the Ashram)
  - Books: Ashram books will be available at Indian prices
  - Flower malas It is the custom for students and guests to buy these on the way to the Madam for Puja on Sunday.
- The ICYER component will cost 600 Euro - at today's rate about \$900.
- A non-refundable deposit of \$230 AUD which includes GYA membership until 2019 is required **now** to secure the accommodation and tours.

- NZ Members pay equivalent in NZD please contact Cathryn for NZ Bank Details

Further details can be obtained from Murali [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au) and if you wish to book for this trip you can post a cheque for the deposit to Murali and made out to "Gitananda Yoga Association"

26 Trevitt Road  
North Ryde 2113 NSW –

Or transfer the deposit to the GYA account below:

Gitananda Yoga Association

BSB: 015-025

Account: 498569383 Reference: your name –

Then send confirmation of your payment to Murali at: [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au)

**VALE: GITA ANWAR JOESOEFF, SEPTEMBER 10, 1917      By Verna Gilbert, IYTA Australia**

Gita Anwar Joesoef died peacefully at her house on Sunday morning, September 10<sup>th</sup>, 2017. Many IYTA members will be saddened at her passing, remembering her as an excellent Yoga teacher for many years teaching at her Yoga studio at her home. In the late seventies she became a devoted follower of Sami Gitananda, attending his Ashram in Pondicherry each year and becoming a member of his household, which included young Ananda – now Dr. Ananda, who will be here for our convention in October. Her contribution to IYTA workshops, Teacher Training and helping with assessments was greatly appreciated by our Committee. Her death was unexpected, as only recently we were discussing her attending the IYTA Convention. We can recall over forty years of friendship, including all the Australian IYTA conventions from 1980 to 2010, and others in Barcelona and Singapore, which were all greatly enjoyed together. She was a delightfully happy and generous personality and a lifelong friend to so many.

**From Amma:**

Gita was a dearly beloved student of Yogamaharishi from the early 1970s and a great supported of his work. She returned to the Ashram in Pondicherry almost every year for short periods of time. She was cheerful and generous! She was a lover of beauty; and grandness wherever she found it. May she continue her evolutionary journey in joy and peace.

**From Murali:**

Gitananda Yoga will be forever grateful to Gita for her generosity in allowing our annual "Get together" to be held at her Southport house from 2004 – 2013. She was instrumental in establishing the Gitananda Yoga Association. Thank you Gitanjali.

**From Margo:**

Gita was an extraordinary person, larger than life, with a commanding presence; she was lots of fun and had a great sense of humour. I first met her when she joined the Indian yoga tour that I organised with Swamiji in 1980. On our tour we were allowed one small bag, as space in the bus was limited. Gita had one of those bags that unzipped at the bottom several times and whenever we stopped, she would go souvenir shopping and that bag became larger and larger then shopping bags started to appear in the overhead luggage rack and on any spare seating so by the end of the tour we quipped that we were travelling around India with the 'Bags of our Gita' which she agreed was most appropriate. Bless you dear Gita.

**ANNUAL YOGA SATSANG - 2018 MERMAID BEACH - GOLD COAST**

We have decided that we have found our GYA spiritual retreat venue on the Gold Coast. As you will see from reports later in this newsletter, we all had such a wonderful time at 241 Hedges Avenue, Mermaid Beach that we all decided to make it our annual spiritual retreat and are hoping to make a permanent booking at approximately

the same time every year. At this time of the year, late October to early November, the weather here is balmy and there is still a chance to catch a glimpse of the last whales departing for their southern home.

You are invited to join us next year from Thursday 25 October to Tuesday 30 October 2018 and as usual, the retreat is limited to 16 maximum. The cost will be \$550 for those staying at 241 Hedges (shared bedrooms) and \$200 for those staying externally. If you prefer a single room we recommend Montego Sands which is nearby and has been used by members for the last three years <http://www.montegosandsresort.com.au/> A deposit of \$100 is required to make a booking and membership (due April) must be current for 2018/19. Full payment is required by 25 July 2018 and no refunds will be given after 25 August 2018. Please contact Murali for further information [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au) .

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## ***The Summer Solstice 2017 - Celebrating the coming of the light***

*By Eric Doornekamp New Zealand*



A dozen yogis gathered in the Sanctuary to celebrate the Summer Solstice on 21<sup>st</sup> December 2017. It is an annual event but this year marked a special moment in the forty-five year history of the Lotus Yoga Centre and Retreat Inc.

We meditated on the Five Elements or *Pancha Bhutas* that make up the Universe.

The Sanctuary stands on the confluence of powerful ley lines. This is conducive to healing and meditation of the Body, Mind and Soul.

We are living at a time of great significance. This is explained in the following article on the *Pancha Bhutas*. Climate change, pollution of the environment, social and mental factors, all play an increasing role in this day and age. Some would say that our survival

is at stake.

The Physical Body. Our health depends on sound nutrition, movement, and relaxation.

The Mental Body. Our Mind enables us to discover the meaning of the existence of life.

The Soul. This is the Higher Self and is directly in contact with the Eternal Absolute Principle.

### **The Sanctuary**

It is right that we should celebrate the last few days at the end of the year. Time goes so fast that we are in autumn before we know it. So what has happened to all those New Year's resolutions? They have gone by the board. Life is too demanding. Many people have "tried" yoga and crossed it off as being too hard. Or they were simply too busy.

At this time of the year my thoughts often go to "the extended yoga family". Many people have passed through the gate, so to speak. I am not just referring to the path leading to the Sanctuary.

Yoga can help us to cope better. It is a way of life at so many levels. There is a need to practise – especially in difficult circumstances.

The friendships experienced, blessings in good times, and shared moments of peace during the yoga and meditation sessions are invaluable.

Yoga extends to all sentient beings. That should help to take care of the environment. Yes, nature is crying out for our compassion. Are we ready to respond?

Here I would like to set myself up as an example but must admit that I am falling well short of being perfect. Rather, it is a work in progress. Work is not the right word. Let us help each other. Service and Love are requisites at all times.

### **Healing and Meditation Mantra**

*Let love fill our hearts and Service be our aim.*

*May our Actions be unselfish and fill us with Joy.*

*Let the Great White Spirit shine all around.*

*May we become Enlightened.*

*Let Peace reign in our Mind.*

*May we be Still and our Thoughts be harmonious.*

*Let Union be determined by Awareness.*

*May Understanding manifest freely.*

*Let us accept guidance from our Teachers.*

*May we be healed in Body, Mind, Spirit.*

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### ***The Essence of becoming More – Zigi Georges – Noosa***

Thank you Dr. Ananda for your IYTA talks on the energy matrix of yoga. It is one thing to sense something inside, but it is so much more to be able to express it so that others can absorb, digest and understand. I sense that in these talks, Dr. Ananda has truly connected the outer with the inner, and the inner to the outer, in such a way as to enlighten Western and Eastern Sadakhs!

No mean achievement, I feel.

There is at long last a transcending of the verbal difficulties in translating ancient Indian cosmology into terms understandable to a Westerner.

What a treasure! I compare it to the orchid in my garden, becoming a 3 pronged branch with many blossoms instead of a single branch in a pot. The pot was the beginning, but the branching into the world with the multiplication of blossoms is the essence becoming more than what it was.



## YOUTH

**-Samuel Ullman-**

Youth is not a time of life.  
It is a state of mind.  
It is not a matter of rosy cheeks,  
red lips and supple knees.  
It is a matter of the will,  
a quality of the imagination,  
a vigour of the emotions.  
It is the freshness of the deep springs of life.

Youth means a temperamental predominance  
of courage over timidity of the appetite,  
for adventure over the love of ease.  
This often exists in a man of sixty  
more than a boy of twenty.

Nobody grows old merely by a number of years.  
We grow old by deserting our ideals.  
Years may wrinkle the skin,  
but to give up enthusiasm wrinkles the soul.  
Worry, fear, self-distrust bows the heart  
and turns the spirit back to dust.

Whether sixth or sixteen,  
there is in every human being's heart  
the lure of wonder,  
the unfailing child-like appetite of what's next,  
and the joy of the game of living.

In the centre of your heart and my heart  
there is a wireless station.  
So long as it receives messages of  
beauty, hope, cheer, courage and power  
from men and from the infinite,  
so long are you young.

When the aerials are down,  
and your spirit is covered with  
snows of cynicism and the ice of pessimism,  
then you are grown old even at twenty,  
but as long as your aerials are up,  
to catch the wave of optimism,  
there is hope you may die young at eighty.

### ***CONTRIBUTIONS REQUESTED***

Your contributions are always welcome for our next eNewsletter, if you have a favourite practice, a meditation, a recipe, an anecdote, an interesting story, a favourite quote, or something you could share with us all please email it to [marq0yoga@bigpond.com](mailto:marq0yoga@bigpond.com) anytime before May 31<sup>st</sup> for the next issue due in June 2018.