

Gitananda Yoga Association

ENews: #4 June - 2016

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MEMBERSHIP FEES

Membership fees were due at the beginning of April 2016. If you have not renewed, you can fill in the Membership form online, pay by EFT and email the form with your payment details to Murali. <http://www.gitananda-australia.org/memberform.pdf>

- \$30 for Associate membership which is open to any person interested in Gitananda Yoga
- \$50 for ICYER certified members who wish to be listed on the ICYER/GYA Website

GYA GET-TOGETHER MERMAID BEACH: Thursday 13 to Tuesday 18 October 2016

Thank you to all who have booked and paid a deposit for our 2016 retreat. We have booked two houses this year, to enable us to accommodate a few extra people. Both houses have direct beach access and one has a basketball court which we plan to use for some of our classes.

The cost for the retreat is \$450 (excluding food); \$480 after 3 July 2016

- A deposit of \$100 AUD is required and membership must be current.
- Full payment is required by 4 September 2016
- Participation fee of \$150 for those booking alternative accommodation

Two spaces remain so if you wish to book please email Murali muralidharan33@yahoo.com.au

FROM MURALI

"Quality time" is usually considered "Family time" and two techniques from Swamiji's "Step by Step" correspondence book require, by their very nature, extended "Quality Time" to practise, so our get together is a great opportunity to experience them fully.

Hang Sah Kriya (Lesson 49): is a three-part technique, to remove "Sabija" [seed] Karma, starting at the pelvis then heart followed by head.

Yoga Nidra (Lesson 50): commences with lying in Shavasana head to North, establishing a Savitri Pranayama 8 : 4 : 8 : 4 count then commencing a "Spiralling" of Energy first clockwise then counter clockwise with a Deep Relaxation ensuing.

Yantra: we will re-visit Yantra calculations understanding the interplay of our Birthpath and Name, enabling us to consciously turn negative cycles into positive cycles [not breaking Natural Laws]

Share these aspects of Gitananda Yoga with us at our GYAssoc Mermaid Beach Retreat in October (2 spaces left). In conclusion, I would like to take this opportunity to thank all those GYAssoc Members who have paid their fees for 2016 -2017, assisting us financially.

DR ANANDA TOUR 2017 - SYDNEY and ADELAIDE

- 12-15 October 2017 Adelaide retreat with Integral Yoga Academy of Australasia
- 20-21 October 2017 – IYTA Convention Sydney

Murali and Linda are preparing a flyer to be forwarded as soon as it is available

NEWS FROM NEW ZEALAND: From Cathryn:

All is well here at the Centre. Regarding my hand; it's been quite a journey. While the fracture in my little finger is pretty much healed I'm still working on regaining mobility in all the fingers with the help of regular visits to a hand therapist. A visit to the hospital last Monday shows that the fracture in my hand still has a bit of mending to do and I will have another x-ray in eight weeks' time. Meantime, I'm pretty much back on track with my yoga practices. I did so much miss being able to do the salute to the sun and the mountain pose and really appreciate being able to do them again.

The introduction of a one-day Body, Mind and Soul retreat at the Centre on Sunday's has proved very popular. Last weekend a retreat was held exclusively for a bunch of 'Motivate Me' girls (an online organisation for women who support, encourage, empower and motivate each other to be the best versions of themselves that they can be) and next Sunday we will hold another retreat for members and friends of the Centre. We begin the day with relaxation, followed by yoga, breathing and relaxation. After a shared vegetarian lunch there is an outdoor walking meditation in the bush leading to the Sanctuary (an octagonal shaped building overlooking a pond) where we do a seated meditation.

Recently we have been blessed with a visit from Kausthab Desikchar and Evelyn Einhaeuser in April, and Gargi, Max and Jasmine Farr in May. On both occasions we ventured to the Sanctuary for some chanting. It was wonderful to meet Kausthab and Evelyn for the first time, and a real joy to reunite with our Gitananda yoga family Gargi, Max and Jasmine. The Sanctuary is the spiritual hub of the Centre and truly is an asset to mankind. I do hope that you will all be able to venture over to NZ one of these days for a visit. And looking forward the Centre is celebrating the second International Yoga Day with free yoga classes on Saturday 18th June to mark the occasion.

Aum Shanthi ॐ

Reflections on the Meaning of Union - Zigi Georges



May,2016 Charlotte Pass, KNP

Yoga is Union. Union with whom or what, is interpreted differently in different cultures. In India it was Ishwara or the Atman and variously described as The Higher Self, God, or Cosmic Consciousness. For some these days it is union with physical fitness along with a smattering of calmness and peacefulness.

Somewhere in all forms of union there is the seeking for Truth, the need for discernment and discrimination; the ability to distinguish the good from the bad, the beneficial from the harmful, and the determination to decide to act in the light of ones convictions. Finally, I suspect we all seek bliss consciousness and the wisdom to act in this world from a base of kindness, generosity and tolerance extended to all creatures including other humans.

Doing yoga on a mat is a statement of aspiration towards a kinder and more tolerant life within ourselves, strengthening the intention to transfer our spirit into the outer world. Often my yoga is walking the highest peaks in Australia where my inner state is reflected by the outer world. Often there is turbulence, inside and out, but after three to six hours of walking meditation, the waves subside to an appreciation of just what is. The wind screaming through shattered snow gum leaves; the Snowy River rapids echoing around the mountain sides; a mere human trudging the paths where every stone and boulder shines with its inner force and millennia of significance. Rain hail or shine, all is ONE. Bliss prevails.

Mountains are not a necessity, just my preference.
Lakesides, rivers and oceans also cry out with the beauty of this world.

FROM AMMAJI: BEWARE OF DOCTORS: THEY MAY BE DANGEROUS TO YOUR HEALTH

By: Meenakshi Devi Bhavanani

I realized today in a powerful “Aha moment” why I much prefer to undergo my “Tapas” by natural Karmic procedures rather those that inflicted upon me by the medical profession.

I have hardly ever visited a doctor in my life, perhaps mainly due to my Catholic mother who raised twelve children and kept them strong and healthy with organic food from her huge gardens and her faith in God! Life and health was perfect till the age of 68, when a severe septicaemia from a pelvic internal abscess – necessitated an “operation” and hospitalization of three weeks. I recovered from the abscess but within one year suffered bone-nerve damage in my left hip which caused me to resort first, for one month, to bed rest, then movement with a walker and finally, force to use a cane for support. I cannot help but feel the doctor “did something wrong” but who knows! I did not seek treatment for the hip though I have had some highly painful times. I preferred to let nature cure what she could, and I would “endure” the rest!

Recently I read an article in Deccan Chronical (May 5/ 2016) which validated my stand. The headline said “Over two lakh in US die due to medical errors,” The article said: More than 250,000 deaths per year in the US occur due to medical errors, making it the third highest cause of mortality after heart disease and cancer, according to a new study.

Using hospital admission rates from 2013, they found rates based on a total of 35,416,020 hospitalisations, 251,454 deaths stemmed from medical errors, which researchers say now translates to 9.5 percent of all deaths each year in the US. According to the Centres for disease Control and Prevention (CDC), in 2013, 611,105 people died of heart disease, 584,881 died of cancer, and 149,205 died of chronic respiratory disease – the top three causes of death in the US. The newly calculated figure for medical errors, published in The BMJ, put this cause of death behind cancer but ahead of respiratory disease.

Chief Investigator Martin Makary from John’s Hopkins University said: “Right now, cancer and heart disease get a ton of attention, but since medical errors do not appear on that list, the problem does not get the funding and attention it deserves,” said Martin Makary from Johns Hopkins University.

Well! No doubt modern medicine is a life saver, but one should definitely not put “all one’s eggs in one basket” especially when it comes to matters of health! Did not Hippocrates, the father of modern medicine say, “Let food be your medicine? Does the Bible teach, “A merry heart doeth good like a medicine but a dreary countenance is like a poison?” One must be cautious and take doctors’ advice with a pinch of salt. Salt, by the way, is an ancient medicine.

GITANANDA QUOTE:

“The only competition which is important in Yogic living is against our very own self, to be a better human each day, than we were before.”



Footprints to nowhere –Zigi Georges

TRAVELS ABROAD – Margo

In March/April, I had a wonderful adventure travelling to Haifa in Israel to visit my sister for 2 weeks then for 3 days in Jordan with a visit to Petra and 4 days in Istanbul. It was an amazing journey, there were no crowds anywhere and as a lone traveller I was able to choose where to go and what to see, in comfort. Jerusalem was quiet, and my INTREPID tour in Jordan was just me and a driver/guide! It was similar in Turkey - on one tour I lunched at the Orient Express Restaurant in solitary splendour. March/April is a great time to travel to these places as the tourist season does not begin until the end of April; spring was evident in Turkey; there were tulips of every colour, shape and size in all the public gardens even though the gardeners were still getting them ready.



The Rock Carved Al Deir (Monastery) Petra



Stunning tulips - Istanbul



Bahai World Centre terraces – Haifa Israel

There were so many highlights. **Israel:** the Templar tunnels at Akko; the Baha'i World Centre in Haifa with its beautiful sweeping terraces and gardens; the holy places in Jerusalem's old city; the Sea of Galilee and the mountain fortress at Masada. **Jordan:** the Roman ruins in Jerash and Amman and swimming in the Dead Sea; the Al Kahnez (Treasury) and the incredible rock cut tombs and ancient Nabatean ruins in Petra. **Istanbul:** everything is wonderful in Istanbul; the historic sites in old Sultanamet; the exotic aroma of spices and sweets in Spice Market; the amazing varieties and tastes of food and the incredible assortments of Turkish delight; the vibrant colours of the carpets outside the shops and the flowers in the gardens.

I was fortunate to visit Gallipoli, which is a tragic, beautiful, peaceful place and the effect is overwhelmingly sad. I met many interesting people and had some amazing experiences; and felt perfectly safe wherever I travelled. It was the trip of my lifetime and between you and me it is not entirely off my bucket list ... yet.

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**Members:** If you are not a member but have attended a GYA retreat with Dr. Ananda in the past, your name is on our data base and the eNewsletter will continue to be emailed to you unless you request to be unsubscribed.

**Contributions** are welcome for our next eNewsletter, have you a favourite practice, a meditation, a recipe, an anecdote, an interesting story or something you could share with us all. Please email it to me [margoyoga@bigpond.com](mailto:margoyoga@bigpond.com) for the next edition in September.

It's so wonderful to watch an animal,  
because an animal has no opinion about itself

**IT IS.**

That's why the dog is so joyful and why the cat purrs.

When you pet a dog or listen to a cat purring,

Thinking may subside for a moment and a space of stillness arises within you,  
a doorway into...

**BEING** ~ Eckhart Tolle

Namaste