

Gitananda Yoga Association

eNews: #3 *January - March 2016*

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FROM MURALI:

Welcome to the first edition of GYA eNews for 2016. This edition is being sent out to many of you who have been members in the past, perhaps because you attended a retreat with Dr. Ananda, but for one reason or another you allowed your membership to lapse. To encourage you to re-establish your connection with our Association and ICYER, we have created a **FREE eNewsletter Subscriber list** and currently your name is on it and the eNewsletter will be emailed to you 3 or 4 times a year - unless you ask to be **unsubscribed**.

Of course we would prefer you to renew your Associate Member or fully Accredited Member membership for 2016 as membership fees and retreats are the only means we have for generating an income, which allows us to bring Dr. Ananda out to Australia or New Zealand in the future. I would encourage everyone to support the Association by maintaining their membership with the Association which maintains the connection with the Ashram and our Lineage.

MEMBERSHIP FEES:

March is with us again - which means GYAssoc Membership Fees are due. Associate membership is open to any person who is interested in Gitananda Yoga but has not received certification from ICYER. The fees are modest by current standards; \$30 for Associate members and \$50 for those of us on the GYAssoc Website; and we aim to keep them as low as possible. You can fill in the form online, pay by EFT, and email the form and your payment details to Murali. Here is the link below for the membership form:

<http://www.gitananda-australia.org/memberform.pdf>

GYA GET-TOGETHER MERMAID BEACH: October 13-18 2016

We have booked the same mansion (241 Hedges Avenue, Mermaid Beach) for our Get-Together in 2016 and we have also booked 237 Hedges Avenue which is two houses away to enable us to accommodate a few more people. No. 237 also has direct beach access and has a basketball court which we hope will be suitable for us to use for some classes. It has 3 bedrooms: a queen bed, a double or 2 singles and a room with 4 bunks but to give people more space we will only make use of two of the bunks.

The two houses can accommodate 21 people, however to ensure everyone's comfort numbers will be limited to 17 in total, so if you are considering joining us in 2016 it would be advisable to send Murali an email ASAP at muralidharan33@yahoo.com.au.

COSTS & BOOKING:

A deposit of \$100 AUD is required to make a booking and membership must be current to 2017. The cost for the 5 days from Thursday PM to Tuesday AM is \$450 excluding food as the in-house food costs will be worked out and shared between us all. Should you wish to have a King, Queen or twin room to yourself; an extra single supplement of \$350 will be necessary. For those who choose to book other accommodation the participation fee will be \$150. New Zealand members should contact Murali muralidharan33@yahoo.com.au or Cathryn Doornekamp lotus.yoga.centre@paradise.net.nz regarding booking and payment.

YANTRA COURSE INDIA 2016: From Murali

I arrived at ICYER on the 2nd Feb 2016 as preparations were being made for Swami Kanananda's birthday, where the resident students chant "Aum" thru the night till sunrise. I lasted the four hours of the "Aum chanting" then retired for the night. After this there was a "special" Homa lead by Ananda and Devasena with Amma giving an informative talk on Swami Kanananda. The Yantra Course started at 4:30pm that afternoon; Dhivya from Hawaii had arrived for the Aum chanting as well as Jnandev from Wales. Cathy from UK arrived the next day to take over as Assistant Acharya, from Latha who was flying home to Germany.

Ananda began the Yantra course with a description of the nine birth-paths and handed out a 'Manifestation Spiral' explaining how we return life after life as different birth-paths till we learn the lessons of each birth-path. In between the Yantra sessions there were Hatha Yoga classes in the morning, then the Pranayama followed by Relaxation till 1 pm. After this we would enjoy Shanti's "Lunch" - love those Chapattis!

On Sunday we went to the Madam for Puja to pay respect to Swamiji and the Line of Gurus. Returning to the ashram, we took Dhivya and Anandraj to the beach for a swim however we ran out of time for a cricket match on the beach. Wednesday we went to a Brahmin

wedding [Devasena's niece] and joined the Bride and Groom for part of the wedding ceremony. Devasena's sister Lalitha guided us through the wedding with informative interludes.

All too soon I was packing my bags after 10 short days and saying farewell to the resident students and the other Gitananda Yoga Sadhaks; Sri Devi from Switzerland, Katrina from Germany and Natali who is French residing in Pondy. They had all made me very welcome and I enjoyed sharing their Sadhana. ~ Murali

THE CONCEPT OF TIME: From Hindu on Line

<http://hinduonline.co/FactsAboutHinduism/ConceptOfTime.html>

"To the philosophers of India, however, Relativity is no new discovery, just as the concept of light years is no matter for astonishment to people used to thinking of time in millions of kalpas, (a kalpa is about 4,320,000 years). The fact that the wise men of India have not been concerned with technological applications of this knowledge arises from the circumstance that technology is but one of innumerable ways of applying it."

It is, indeed, a remarkable circumstance that when Western civilization discovers Relativity it applies it to the manufacture of atom-bombs, whereas Oriental civilization applies it to the development of new states of consciousness." (Source: Spiritual Practices of India - By Frederic Spiegelberg Introduction by Alan Watts p. 8-9)

The late scientist, Carl Sagan, asserts that the Dance of Nataraja (Tandava) signifies the cycle of evolution and destruction of the cosmic universe (Big Bang Theory). According to Carl Sagan, (1934-1996) astro-physicist, in his book Cosmos says: "The Hindu religion is the only one of the world's great faiths dedicated to the idea that the Cosmos itself undergoes an immense, indeed an infinite, number of deaths and rebirths. It is the only religion in which the time scales correspond, to those of modern scientific cosmology. Its cycles run from our ordinary day and night to a day and night of Brahma, 8.64 billion years long. Longer than the age of the Earth or the Sun and about half the time since the Big Bang. And there are much longer time scales still. It is the clearest image of the activity of God which any art or religion can boast of."

Modern physics has shown that the rhythm of creation and destruction is not only manifest in the turn of the seasons and in the birth and death of all living creatures, but also the very essence of inorganic matter. For modern physicists, then, Shiva's dance is the dance of subatomic matter. Hundreds of years ago, Indian artist created visual images of dancing Shiva's in a beautiful series of bronzes. Today, physicists have used the most advanced technology to portray the pattern of the cosmic dance. Thus, the metaphor of the cosmic

dance unifies ancient religious art and modern physics. (Source: Cosmos - By Carl Sagan ISBN: 0375508325 p. 213 -214). Also Carl Sagan and Hindu cosmology – video

http://www.dailymotion.com/video/xmbdcj_carl-sagan-hindu-concept-of-beginning-and-end-of-universe_tech

FROM AMMAJI:

It is raining heavily –of festivals and celebrations –and people come and go... laughing and enjoying the splendid spectacle of human existence. Sadhana – our beloved 3R's – Repetition, Rhythm and Routine – provide the underlying “drone” upon which the melody of life is played. We maintain our Ashram structure which is 5 am wake up bell – then classes up to 9 pm – but the Paravritti – the variations - keep the routine from collecting the dullness that sometimes comes from repetition. Marriages, cultural performances, pujas – all night Aum chanting, Yoga Festivals... The screen of Maya showcases many a channel and we not only watch life stream by - but we flow with it as best we can... rowing our boat merrily up the stream! The special Yantra course – February 2nd to February 21st goes on and “visions of numbers” dance in our heads Cornelia of Germany, Sridevi of Switzerland, Murali of Australia and Dhivya Darshini of Hawaii, USA and Jnandev of UK and Natalie of France have joined us for the month swelling our numbers to a grand total of 14 souls!

Bhumi has given birth to seven puppies on January 30th! What a miracle is every birth! It is as though nature keeps trying to succeed in creating bodies capable of conscious evolution as well as bodies suitable to evolve the spirit. She must create billions of “bodies” of all species to get a few capable of evolving a soul! Perhaps this why no matter how blasé we are we still cannot help but stand back in awe and reverence at the emergence of new life! I can remember the awe I felt when I saw a Rhinoceros baby at the Hyderabad zoo about 30 years ago. It was so darling, so cute! Can you imagine? A cute Rhinoceros! But it was! I wanted to hug it and hold it! But even I am not that foolish especially with Mother Rhinoceros lurking nearby!

All young things radiate such a playful spirit! They are so attractive and joyful! One cannot help but worship their innocence! This is also nature's trick –her way of making us love them so parents will forget all the trouble and inconvenience they will cause! So with Bhumi's babies! They will no doubt cry in the night, make puddles all over the floor, chew up shoes – and when we take a small stick to “punish them” they will look up on us with small eyes bright and shining, tails furiously wagging, and melt our annoyance to shreds! Such is their power! ... What a great miracle all this is! How fortunate we are to obtain the human birth which has the power to witness all this in consciousness. In that awe and amazement, we can only utter “God is great!”

NEWS FROM NEW ZEALAND: From Cathryn:

2016 has started out on a positive note at the Lotus Yoga Centre. The classes were well attended over the New Year holiday period and a great line up of events is shaping up. A Feng Shui workshop was held at the Centre on Saturday 20th February, and we've also a few major projects on the go. [Feng Shui Case Study Lotus Yoga Centre](#)

The 12th – 14th February saw the first stage of a make-over in our yoga room with all hands on deck. Selwyn was in attendance for all three days and this weekend (27th – 28th February) we have a team of people completing the final stage of the make-over. And on Monday 22nd February renovations began in the kitchen. The kitchen sink cabinets have been removed and the vinyl lifted. Repairs are being made to the rotten floor boards and then new kitchen cabinets, a sink bench top and vinyl will be installed. Our aim is to get the Centre more presentable so that we can hire it out.

And amidst all this busyness I happened to have a fall on Friday evening (19th February) while side straddling a fence and I'm nursing a fractured metacarpal bone in my left hand and hairline fractures in the little finger. The bone was realigned under traction in Wellington hospital and I took full advantage of the gas on offer to help alleviate the intensity of pain. Fortunately I was able to draw on deep yogic breathing and the medics even commented on how relaxed I looked! The little finger is now strapped to the next and my arm is in a cast, short of the elbow so life is going to be testing on many levels. Already people are coming to the fore. We've home cooked meals being made and Selwyn has offered to take the evening classes this week. Eric, Ananda and I feel truly blessed to have so many caring people in our lives who are giving of themselves in the spirit of seva.

Aum Shanthi ॐ

Cathryn

DR ANANDA IN AUSTRALIA 2017 - : Please make a note of the date changes

Sydney: Dr. Ananda will attend the IYTA 50th Anniversary in Sydney **20th -21th October 2017** as a special guest. This is a special event as his father was one of the special guests at the first IYTA convention held in Australia.

Adelaide: Dr. Ananda has been invited to Adelaide again by Linda Burr (Integral Yoga Academy of Australasia –IYAA) to lead a retreat from **Thursday 12th Registration to Sunday 15th Oct 2017**, the GYAssoc will co-host the retreat with IYAA. Cost is \$470 Per Person.

As we know, Dr. Ananda's increasing work & ICYER commitments are making it more difficult for him to travel to this part of the world so when he does visit it is important for

GYAssoc Members to make the effort to see him if possible, after all it is cheaper than flying to India and actually you get more opportunities to hear him and talk to him when he is here for a weekend, than you would in 10 days at the Ashram.

GITANANDA QUOTES: Take only what you earn

Aparigraha is the control of greed and covetousness which are basically the desire to acquire more than you can use.

Aparigraha has a hidden meaning, that is, accepting only what you merit through direct action or other facets of Karma...how to receive with spiritual grace. (The Yoga Dristhi –p16)

Member 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 marg0yoga@bigpond.com for the next edition.

Between now and then I shall be visiting Israel to see my sister who is a Baha'i volunteer in Haifa and apart from Israel, I shall be taking the opportunity to tick a couple of places off my bucket list by visiting Petra and Istanbul; all fascinating and ancient parts of the world that I have always wanted to see so next issue I will tell you all about it.

May there be

Peace in our hearts,

Peace in our homes and

Peace in all lands.

Namaste

Margo