

Gitananda Yoga Association

eNews: Volume 6:2 August 2020

Namaste!

This year has brought many changes, uncertainties, and tensions to all of us. Society has changed in unimaginable ways. Borders have been closed; flights have been cancelled leaving people stranded far from home in difficult circumstances.

So many new challenges to be faced as schools reopen and students return to the classroom and our lives find a new normal after months of distancing and isolation. It will be important to focus on positive outcomes

Fortunately, people often shine the brightest in the face of adversity and bright stars will emerge from the darkness, and new light will appear on the horizon.

How fortunate we are to have a strong connecting link to the lineage of our Guru through Ammaji and Dr Ananda who, through their untiring efforts have maintained a close connection and a calm, centering presence through the medium of technology.

We progress more successfully when we work together, we give each other strength and purpose. By keeping ourselves centered, grounded and in a high vibration through our yoga practices, we are better able to maintain a calm presence for ourselves and others. This calm presence helps people find and show their own resilience, ingenuity, and spirit to be able to come together and find and create solutions to the new and existing challenges we face.

In an ever-changing world, let us be a part of the growth that promotes Balance, Peace and Harmony. May we allow space in our hearts for healing the Self and Others, may we use our influence to uplift the world around us. May we continue to visualize an exit for COVID-19 and transmute negative energies into thoughts of Peace and Wellness.

(A Healing Touch affirmation.)

A REMINDER FROM MURALI

To those who have not yet renewed your GYA membership for this year. Fees for 2021 were due on March 31. If you have allowed your membership to lapse, I urge you to become financial again by paying the amount in arrears necessary to bring your membership up to date.

Our Membership fees plus a small income from our annual retreats are the only form of income generated by our association which needs your continued support to be able to

bring Dr Ananda to Australia. Please note that a **Subscription to YOGA LIFE** magazine does not include membership of GYA.

- \$30 Associate membership. Open to anyone with an interest in Gitananda Yoga.
- \$50 Accredited membership. Includes a listing on the GYA website.

Please pay by EFT: Gitananda Yoga Association: BSB 015-025 Account 498569383 then confirm your payment details to muralidharan33@yahoo.com.au.

New Zealand members please contact Cathryn or Selwyn at the Lotus Yoga Centre lotusyogacentrenz@gmail.com for payment details.

ANANDA'S WORKSHOP

Due to COVID-19 our plans for a Brisbane workshop with Dr. Ananda in 2021 have been moved forward to April 2022. Hopefully by 2021 the situation for this will be clearer.

NEW WAYS TO TRANSMIT ANCIENT TEACHINGS Zigi Georges

As horrible as it is, Coronavirus has proved to be a wonderful stimulus for people to use electronic media to connect and share with others in ways that could not have been imagined 50 years ago when I received my Gitananda Yoga Teachers Certificate.

Witness what Dr. Ananda Balayogi is exporting from India via Facebook, YouTube, and the various other electronic channels that I have not as yet fully explored. Quite staggeringly brilliant!

Early in May I decided to seriously follow **Ananda's Facebook video sessions on Pranayama, Mudras, the Spine, and Bindus**, along with many other topics included in the **108 sessions from 29th March to 14 July**.

There he was, every morning, on the Ashram rooftop, 7am I believe, elucidating practices and concepts that I had absorbed from his father, 50 years ago. About 12.30pm I could receive these teachings in a very distant Noosa, pen in hand flying across sheets of paper (for that is how I concentrate) being absorbed in a yoga I had not heard uttered for 50 years.

Many of the concepts had been touted as secret. However, I agree with Ananda, that abstruse concepts will remain abstruse to those who are not ready to receive their significance.

I was particularly transported to hear the Bindus explained. I understood every word resounding with my experience and practice. But now, I had words for these experiences that previously I could not teach because I could not verbalise them. Perhaps a true teacher has awakened within me, time will tell.

I cannot thank Ananda enough for what he is doing, and all his family. I love the **daughter-father interviews**.

Last, but not least, the music. I love Ravi Shankar, but Ananda sang one of his compositions one day and I found myself dancing Indian like all around the room. He had hit a vibration and rhythm that just took over the body. It was so very liberating.

Despite the horror of Covid 19, I have been greatly enriched by the digital offerings from our community in India, especially by the phenomenal efforts from Ananda.

Ananda manages to convey Spirit across media. One does not have to be sitting on a concrete Indian rooftop to get the genuine teaching experience. AUM

Editor's note:

*The **type in bold** is to highlight the wonderful work that our industrious and beloved Dr Ananda has been doing during the past few months for the benefit of his dedicated students and to deepen the understanding of the rich wisdom of our Rishiculture teachings.*

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PRANA-IZED WATER

Heather Box

I found this interesting little book *The Hindu Yoga Practical Water Cure* by Yogi Ramacharaka in a secondhand book shop, first copyright was 1909. Chapter one is about Prana in the water and how water may be prana-ized. It states that the Hindu yogis believe that Prana or Life Force energy is in everything and importantly in food, air, water. Also, the quantity and quality are dependent on the amount of Prana it contains.

All water has some degree of Prana, but it depends mainly on how it is stored. Fresh running water, as we find flowing in waterways, contains more Prana than water stored in “stagnant still water containers such as cisterns or tanks” and there is little or no Prana in the water in our city water pipes.

Boiled water is found to be rather “flat” because of the loss of Prana in the process of boiling and distilled water does not have quite the same Life Force, according to those who drink it for health reasons. There is no explanation as to why this is so by Western Science, the Hindu Yogis say it is because of the water having more or less Prana.

So, Prana-ized water has many advantages, like having a ‘slightly invigorating and stimulating effect’ that is not generally in the water we drink. It helps to strengthen our body, assist with physical problems and increasing our general health.

So how do we prana-ize our water? Well there is a remarkably simple process that anyone may do to prana-ize or energise drinking water - we need to aerate the water.

We can aerate the water by pouring the water from one glass or vessel to another backward and forward several times, passing it through the air. Easy As... Bottoms up!

Editor's note:

William Walker Atkinson was an attorney, merchant, publisher, and author, as well as an occultist and an American pioneer of the New Thought movement. He is the author of the pseudonymous works attributed to Theron Q. Dumont and Yogi Ramacharaka. He wrote an estimated 100 books, all in the last 30 years of his life. Wikipedia https://en.wikipedia.org/wiki/William_Walker_Atkinson

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BREATH: THE NEW SCIENCE OF A LOST ART

Breathing we all do it, we take air in, we let it out, at least 25,000 times a day. Easy! And as any experienced yoga practitioner knows, there is nothing more essential to our health and well-being than breathing correctly

And yet according to journalist James Nestor, *Breath: The New Science of a Lost Art* (May 26, 2020 –New York Times best seller) humans as a species, have lost the ability to breathe correctly, with grave consequences for our health and he has travelled the world interviewing scientists and others to figure out what went wrong and how to fix it.

“The answers aren’t found in pulmonology labs, as we might expect, but in the muddy digs of ancient burial sites, secret Soviet facilities, New Jersey choir schools, and the smoggy streets of São Paulo. Nestor tracks down men and women exploring the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya, and Tummo and teams up with pulmonary tinkerers to scientifically test long-held beliefs about how we breathe.

“Studies show that 25- 50% of the world population breathes through their mouth and modern research is showing us that making even slight adjustments to the way we inhale and exhale can jump-start athletic performance; rejuvenate internal organs; halt snoring, asthma, and autoimmune disease; and even straighten scoliotic spines.

Drawing on thousands of years of medical texts and recent cutting-edge studies in pulmonology, psychology, biochemistry, and human physiology, *Breath* turns the conventional wisdom of what we thought we knew about our most basic biological function on its head. You will never breathe the same again.” (Gitananda students are well ahead in all of this,)

Nestor said In an interview on ABC radio national recently that research had shown that the slower you breathe through your nose the more oxygen you uptake in line with your metabolic needs and by becoming aware of your breath and breathing in for six and out for six for just a few minutes it is possible to lower blood pressure. Sound familiar? – it should, as it correlates with similar studies done by Dr Ananda and others at CYTER

In relation to Covid-19 and concerns some people have had about breathing while wearing a mask; he says that studies have shown there is no oxygen deprivation in blood statistics when wearing a mask

The following links are interviews with James Nestor

<https://www.abc.net.au/radionational/programs/lifematters/why-breathing-through-your-mouth-is-bad-for-your-health/12570560>

<https://www.youtube.com/watch?v=9gg-p3LzU0I>

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FROM ACROSS THE DITCH

We are enjoying our new Centre, and very much love the space where we practice yoga and Taiichi qigong. We have been holding classes there since the opening of the new building on 9th August.

Three of the eco houses in the village are now occupied, including Selwyn Williams and his wife Claire who moved into their house nearly two weeks ago. And the house that is being built for Eric, Ananda and I is due for completion end of November. So it is all very exciting.

I am in the throes of putting together the September Lotus newsletter with a write up on the opening of the new Lotus Yoga Centre and Eco Village Community Centre.

I will forward this to you when it is finished for inclusion in the next issue of Gitananda Association newsletter.

Much love and light

Cathryn 🙏🌹🙏



Photo taken October 2019 for International Yoga Day 2020

Back: Heather Box, Jenny Lloyd, Gowri (Wendy Snape), Dawn Williams.

Seated: Maratana Hope. **In front:** Zigi Georges and Margo Hutchison

MORE ON THE BREATH – HELPING YOU TO FIND YOUR EDGE.

The breath tells a story of what is going on in the body during a yoga practice. The breath guides us in practicing Ahimsa (harmlessness to self), it is a warning system to honour the restrictions in the body. By noticing the quality of your breath you will become aware if you have applied force in your yoga practice.

Erratic or uneven breath is a good indication that you have pushed passed your edge in a yoga pose. if you notice this in your breath or sense this in your body ease out of the pose and find your place of ease and comfort.

Well known yogi Erich Schiffman has some great advice on finding your edge. Erich says that a large part of the art & skill in yoga lies in sensing just how far to move into a pose. If you don't go far enough there is no challenge to the muscles and going too far puts you at risk of physical injury. Somewhere between these two points is your balance: intensity without pain, use without abuse, strenuous without strain... this is your edge!

WHEN HEALTH IS ABSENT WISDOM CANNOT REVEAL ITSELF; ART CANNOT BECOME MANIFEST; STRENGTH CANNOT BE EXERTED; WEALTH IS USELESS, AND REASON IS POWERLESS.

~ HEROPHILUS (325-255 B. C.) ~

ZOOMING WITH DR ANANDA - SOME WORDS OF WISDOM**Bernadette Hearn**

- Stretch yourself Not strain yourself
- Every Breakdown is an opportunity for a Breakthrough
- Just Be...What is your state of being
- Manifesting and blossoming our potential
- Yoga has to live through you
- The Reward for a job well done is to have done it well.... SWAMI GITANANDA
- You want to lose happiness-compare yourself to somebody
- Things in a box are dead.... Don't put yourself in a box
- When you are in the sky remember the ground...When you are down in the dumps remember the sky
- Books are for obedient fools and guidance of the wise
- Lighten up or you will tighten up
- Be a Giver not a Grabber
- Silence is the highest language of humanity
- Yoga is conscious evolution
- Be a solution seeker not a problem seeker
- Lift the self by the self
- Everything has a limit except stupidity
- What you have been looking for all of these days is YOU...
- Mantra is a companion on any path you choose.
- Swadhyaya...Analytical self-introspection must be without Identification, without condemnation, without justification.... AMMAJI

If you haven't seen Dr Ananda online or in person then you should put it on your to do list or as he might say Your TO Be list...Teachings that have been passed from Guru to Sishya are being shared in such a way that has never been done before. A pioneer reaching out to all of us, bringing us home, and opening us up to our Dharma and Karma.

A lot of the time I am speechless, it is hard to put into words how unworthy and blessed I feel at the same time. I feel that Dr. Ananda teaches straight to the heart centre so that the concepts of our Gitananda lineage opens our higher chakras connecting us to that universal energy Prana.

Ishwara pranidhana opening up to the cosmos trusting in the universe and manifesting trust in that highest has been settling into my microcosmic self-albeit the push and pull of the manas requiring much tapas to be fit for this to occur.

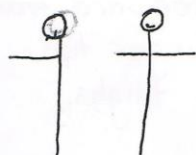
Dr Ananda says sharing is caring, do we care enough to share? Not what WE think but connecting to one another in thought deed and heart with that highest of intention.

A WINTER BREATHING SEQUENCE

Lesleigh Camm

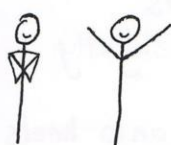
Lesleigh's  Yoga classesWinter Breathing

- Loose and relaxed, swinging from side to side
 - Cleansing breath - 'HA' breath out through the mouth as arms swing to the side. In through nostrils
 - knees slightly bent, tail bone tucked under.



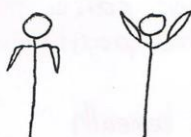
- Palms together in front. Chin to chest. On exhale.
 - Inhale, arms to side, head lifts

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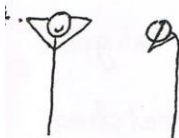


- Hands on opposite shoulders, chin to chest, on exhale
 - Inhale, arms out and up in 'V', head lifts.

3.



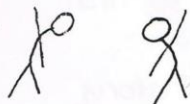
- Fingertips on shoulders, elbows together in front, chin to chest on exhale
 - Raising elbows on inhale; making circles with elbows.



- Fingers interlaced behind head.
 - Exhale - chin to chest, elbows heavy
 - Inhale, elbows back, opening into armpits.



- Interlace fingers behind back.
 - Exhale, chin to chest, arms move a little away from body.
 - Inhale, head lifts, hands stretch towards floor



- Side stretches; stretching to the side on each exhalation. Hips square on, upper shoulder rolling back



Just Breathe!

Fingers interlaced, thumbs touching

Feet together!

Life's good!

Lesleigh's  Yoga classesLesleigh's  Yoga classes

ZIGI AND FRIEND WALLY AT THE GYM



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 your contributions to Margo at margosyoga@hotmail.com for December 2020