

# Gitananda Yoga Association Australia Inc.

## eNews: Volume 9:2 – June 2023

### *NAMASTE DEAR GITANANDA FAMILY MEMBER*

The noise and colour of an Indian political rally came to Sydney when the Indian Diaspora from all over Australia, many in traditional Indian dress, descended on Sydney's Olympic Park to give Prime Minister Narendra Modi a rapturous welcome.

The event featured dances and singing by local and international groups and ran for hours at Sydney's Qudos Bank Arena and when he arrived he was welcomed with Vedic chanting and other traditional types of welcome.

In his address he drew attention to an array of cultural links between India and Australia. "Our lifestyles may be different but now Yoga also connects us," he said. "We have been connected due to cricket for long. But now tennis and films are also connecting us." We might prepare food in different manners, but MasterChef is connecting us now."

*Murali adds that Ananda's Yoga events "Down Under" from 2009 to before the pandemic, were a "Catalyst" in forming these Yoga Cultural Links.*

### *Cultural performance at Sydney's Olympic Park for Narendra Modi*





***An unusual Prime Ministerial greeting!***

### ***A PERSONAL REFLECTION ON OUR GOLD COAST RETREAT***

***Jenny Lloyd - Lake Macquarie***

Having recently returned from a retreat in Queensland, I wanted to express my sincere thanks to Murali and Margo for taking the time to be with us. With four in attendance, including Gowrie (Wendy) from North Qld it was a joy to be reunited with teachers who have a wealth of knowledge between them.

Blessed with dry weather throughout, we were able to walk the short distance to the nearby beach every day and practice asana and pay our respects to that great sustainer, the sun. A walk on the sand and contact with the surf before breakfast was a delight. We also found a perfect spot under a tree to partake in mid-morning Pranayama and the Hathenas.



**Margo, Murali and Wendy in the park**

We covered a diverse range of practices throughout the day including the **Pranava Aum** consisting of:

The *Akara* nada to the sound of AAA representing creation - breathing in turn head to the right then on the sound of AAA exhale turning back to the middle.

The *Ukara* nada to the sound of OOO representing sustenance- breathing in turn head to the left then breathing out turn head to middle sounding OOO.

The *Makara* nada to the sound of MMM representing dissolution- breathing in bend the head to the chest and on the out breath bring the head back to the starting point with MMM.

**Yoga Nidra**, this practice is done kneeling or sitting cross-legged with the left-hand palm up and the right-hand resting palm up on top of the left with the tips of the thumbs touching lightly. Being more familiar with lying down for Yoga Nidra, we performed a different version in a sitting or kneeling position where we moved energy around in a clockwise direction commencing as a pinpoint at the solar plexus and spiraling down in a cone shape increasing the circle until reaching the ground and up again in a cone shape to top of the head and holding the point at the *Trikuthi Bindu* just above the head regaining electrolytic balance in the cells.

We also performed **Nadi Shuddhi**, a nerve purifier breathing through the right nostril slowly and out left nostril as well as *Nadi Shodhana*, the nerve cleanser taking in the breath rapidly through the right nostril and exhaling through the left. This also leaves one feeling very energized.

We watched some of Swamiji's videos which are always so informative, the more we watch, the more we learn. One of the highlights was delving deeper into Yantra with Murali. An advanced teaching, we discovered our Yantra shape which links our subconscious with the Atman or our cosmic being. Our subconscious does not understand language but does relate to shape. Once we know our shape and pattern, our Birth path is linked to our qualities thereby allowing us to work on those we are lacking. It is said that taking the time to look at our shape/mandala on a regular basis helps us immensely on our Yogic Path.

There was so much more that we did and learnt and a retreat with knowledgeable teachers to carry on the work of Swamiji is what we need, to remind us of what we may have forgotten or asana that we do not perform on a regular basis. Grateful thanks to all.

## ***You are safe with me – Shanti Gowans***

Whatever comes, let it come.

Whatever stops, let it stop.

Whatever goes, let it go.

When you need to fall apart,

or come together;

when you need to scream,

or sit in silence.

If you need to laugh,

or cry your eyes out,

or if you just want to wander in the garden,

and know the earth as poetry,

breathe in the sky,

nourish and nurture,

and quietly create new pathways

and live your life

from your spiritual heart.

Whatever you need to be,

you are safe with me.

Spending soul time

on the journey back to your Self,

Your destination is no longer a place,

It is a new way of seeing.

Your destiny awaits you.







*An unexpected presentation to Mathaji for her seva to GYAA.*

### ***PROMISE yourself***

- To look on the funny side of everything, and make your optimism come true.
- To be too large for worry, too noble for anger, too strong for fear, and too happy to permit the presence of trouble.
- To be so strong that nothing can disturb your peace of mind.
- To wear a cheerful smile and share it with everyone.
- To be aware of your body. Be aware of your perceptions. Keep in mind that not every physical sensation is a symptom of terminal illness.
- To think only of the best, to work only for the best, and to expect the best; and of course: *'Do your best and leave the rest'*.

# RECIPE CORNER

## CREAMY WILD MUSHROOM AND RICE SOUP



<https://wholefoodsoulfoodkitchen.com/creamy-wild-mushroom-and-rice-soup/>

This mushroom soup without cream is the perfect recipe if you're looking for a hearty soup that's thick and delicious yet wholesome and lower in calories. It's super quick and easy to make (ready in 30 minutes) and bursting with fresh mushroom flavours- perfect for mushroom lovers. It's also gluten-free. We loved it.



**Sangeeta and Dhivya Priya in the Patanjali Kutir, Nada Yoga Residential Program.**



## **SALUTARY LESSONS** *Judith Maloney - Melbourne*

I had first come to 'know' Yogacharini Sangeeta through the early lessons of Class of 52, so when Yoga Life dropped into my inbox, and I read to the final page....and there it was a beautiful invitation for the Nada Yoga Residential program held at ICYER from March 2-16, 2023!

It was as though this notice was calling me, I was excited and so drawn to learn from Dr Sangeeta. But here I was at 70, and what did I really think of how that might play into my participation in this program. And immediately the question to myself, I really knew was, and why not me? Just be the best I can be, I thought. And of course later during our program, Dr Ananda put it so much more beautifully for me when he said you are here just to be, to absorb, to be welcomed.

Oh and I wanted to find my voice again, something that had been such a big part of my much younger days. I needed to make my vocal chords strong again, to rebuild in me those qualities of Vishuddha Chakra; to experience again the rhythms and sounds of Vibrational Breath that I had learned with Sri Bala some years before. And after all that we spent a wonderful day in the Pranayama Hut learning the Sanskrit alphabet with Devasenaji, culminating in wonderful afternoons in the Patanjali Kutir with Dr Ananda, chanting the Mantra Laya. For me this was the highlight of my ashram life.

And Bhajans was such a joyous part of each day at the ashram especially when we joined Ammaji in the evenings. Ammaji very graciously gave us 8 out of 10. Well maybe I'm being generous to myself there- I really only made it into the chorus, but in that I was always enthusiastic.

8- Such an auspicious number - we were 8 students, from India, Europe, the U.S. and Australia. What a delightful community we made, so supportive, so respectful, so joyous. Dearest Sangeeta brought such joy and wonderful teaching and guidance to every day that really we could be no other way. This was just where I wanted to be. By the second week, I suddenly came across Judith that I realised I once knew and remembered. Fancy hiding her away - this happy, laughing, woman soaking up the truest of instruction. I felt like I'd just burst out of a solid old box I'd constructed around myself.



Of course this new confidence didn't end there - as part of our program we received coaching in how to now share the teachings. I benefited greatly from this training, which was delivered in such a way that we could succeed in creating a format and building a direction. By our final hatha yoga morning on the deck, I led Jattis in a session which was enjoyable for us all and I hope was a tribute to the wonderful teaching style of Yogacharini Sangeeta.

And in amongst the lessons, Aarti in the mornings with the gift of bindu from Dr Ananda brought me such peace in those moments; delightful Sundays in Puja at Kambaliswamy Madam and once with a marvellous performance from students of YOGANAT; Saturday night Carnatic music concert with Dr Ananda and musician friends and Bharatanatyam dance of the beautiful Devasena; and music workshopping with Centre of Music Therapy students and staff at ISCM, and of course we couldn't resist dancing along to our music!

On our final evening we took part in a ceremony and Ammaji presented us with a Certificate of Proficiency detailing all we had learned.



I have heard it said that the privilege of being at Ananda Ashram and the beautiful family that we are embraced by in our Parampara was truly special. I think words could not convey the truth of what has been one of the most important times and to have listened to the inner call was my answer to Why not at 70.

And finally the sincerest of gratitude and thanks to Niraimathi for both her guidance as I 'stepped' in to the Gitananda way and then sending me on this journey.

**Note: Congratulations to Judith on the completion of her studies at ICYER.**



## **THE EVER-RETURNING ASCENDING SPIRAL**

**Nicole Rubio - Melbourne**

Once again, the 52 lesson, Yoga Step By Step course has landed in my life with a glorious 'whoosh'. Like a bhasrika, it blew all else aside as I tackled the admin for a 14-student sign-up, some of whom are returning for their second or even third round of this course. My old, black, 8-point handset yoga bible has returned to its prime position by my side and I am once again reading Swamiji's profound and incredibly relevant teachings. This time, however, is round 6 for me of exploring the incredible terrain of this course as a tutor/mentor (plus the three times I undertook the study as a student).

For the first time, I feel quietly comfortable. Like perhaps I even know what I'm doing. It's easy to feel like a tiny speck of sand in the vast tomes of these teachings. But now, returning to these pages and practices, I see old friends here to greet me with their varying ratios and rhythms. In previous rounds, I was just as bedazzled as my students as we chartered the heights and depths of the concepts and experiences. As we all know, this course has so much to reveal and new levels of understanding to be awakened every time we come back to its pages. And even though the return always brings newness and a journey of beginning again, the familiarity has finally found me. I know these pages. I know this practice. I know some of this path so comfortably that I can easily point someone along it now, which brings something new in itself. Ancient wisdom breathes through the pages into me and instead of stretching me in all directions to allow rapid growth and integration, it steps up beside me and says, 'Hi. Remember me? I'm back.'

When I contemplate this shift, I recognise its source as coming from the global online Team 52 experience of this same Step By Step course under the tutelage of Dr Ananda in 2020/21. I was both a student and mentor in that training and what a difference it made to study those same teachings under his loving guidance. Concepts and philosophies came to life in his hands and I was beyond grateful to experience this course with such profound direction. And now, as I launch back into mentoring these lessons for the sixth time, I also feel able to infuse that life into the teachings as we bring a new batch of eaglets into our family.

Welcome to the Australian Step By Step students. What a wonderful journey you have signed up for.

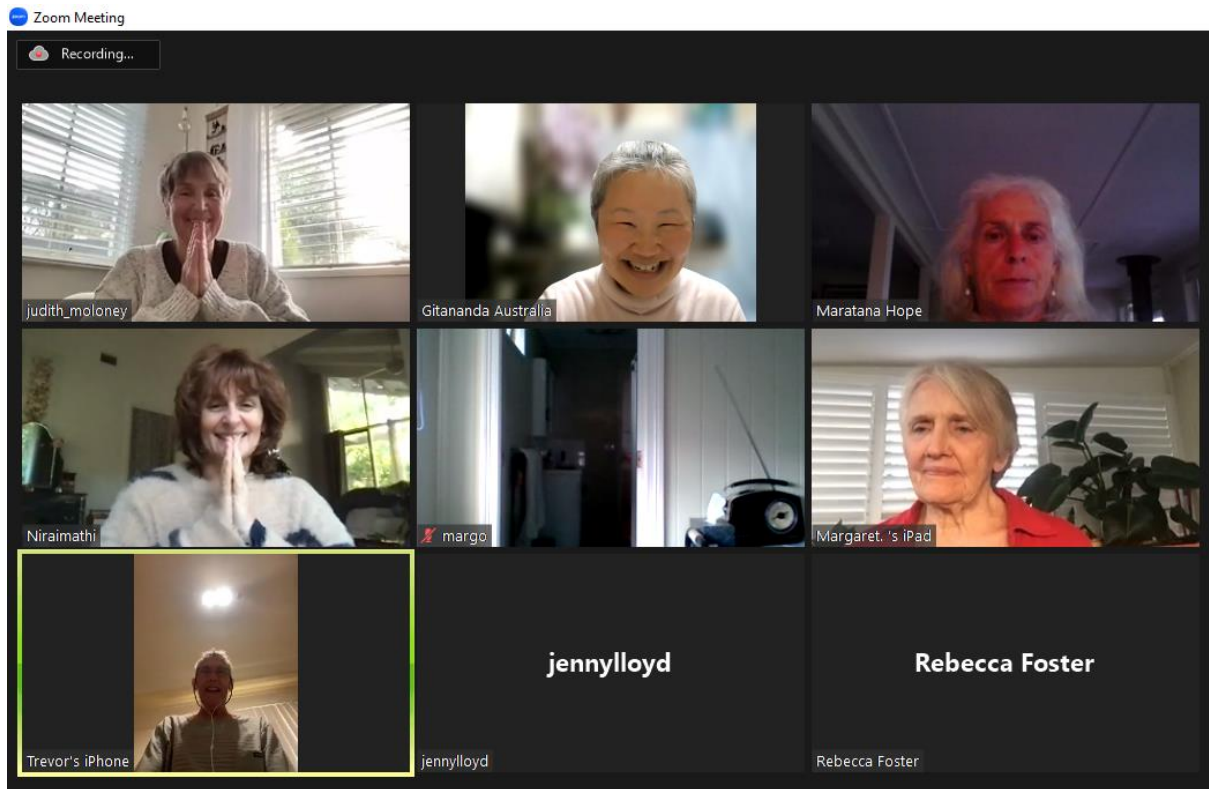


### ***SPECIAL OFFER TO ALL GYAA FINANCIAL MEMBERS.***

- Current financial members are now entitled to receive a *10% discount* on the Euro cost of any of **Dr. Anandaji's Online Courses**.

Please contact [ananda@icyer.com](mailto:ananda@icyer.com) for pricing or to register in upcoming sessions and/or to purchase a complete set of recordings of these earlier Zoom sessions.

Our next ONLINE FORUM is scheduled for 11<sup>th</sup> June, join us on Zoom for a practice of PRANAVA AUM.



## AUSTRALIAN ACCREDITED MEMBERS



Committee Chair  
**Yogacharya Muralidharan Giri, Trevor Fox**  
 Gitananda Yoga Centre Sydney  
 26 Trevitt Road North Ryde, NSW 2113  
[muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au)



Committee Treasurer  
**Rebecca Foster**  
 Adelaide, South Australia  
[treasurer.gitanandaaustralia@gmail.com](mailto:treasurer.gitanandaaustralia@gmail.com)



Committee Secretary  
**Hwamin Fettes**  
 Aberfoyle Park, South Australia  
[yoga.hwamin@gmail.com](mailto:yoga.hwamin@gmail.com)



Yoga:Step-By-Step Correspondence Course Tutor  
**Yogacharini Niraimathi**, Nicole Rubio  
 Ocean Grove, Victoria  
[nikrubio@gmail.com](mailto:nikrubio@gmail.com)



Committee Member, eNews editor  
**Yogacharini Mathaji Margo** Hutchison  
 Brisbane, Queensland  
[margosyoga@hotmail.com](mailto:margosyoga@hotmail.com)



**Yogacharini Gowri**, Wendy Snape  
 Innisfail, North Queensland  
[wendysnape@hotmail.com](mailto:wendysnape@hotmail.com)



**Zigi Georges**  
 Noosa Heads, Queensland  
[zigipix@gmail.com](mailto:zigipix@gmail.com)



**Lesleigh Camm**  
 Toowoomba, Queensland  
[lesyoga@icr.com.au](mailto:lesyoga@icr.com.au)



**Philip Liney**  
 Sydney, New South Wales  
[pfliney@gmail.com](mailto:pfliney@gmail.com)



**Yogacharini Sonya Byron**  
 Blue Mountains, New South Wales  
[sonyabyronnaturopath@gmail.com](mailto:sonyabyronnaturopath@gmail.com)

**CONTRIBUTIONS** are welcome at any time. Have you a favourite practice, a meditation, a recipe, an anecdote, an interesting story that you could share with us. Have you done any of Anandaji's online courses, how about contributing an article for the eNews. We would love to hear about your experience. Please email to [margosyoga@hotmail.com](mailto:margosyoga@hotmail.com)