

Gitananda Yoga Association Australia Inc.

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eNews: Volume 10:2 – June 2024

NAMASTE dear members of the Australian GITANANDA family

Welcome to this Winter edition of your e-Newsletter. This season in Australia is generally known as the dormant season, or season of hibernation and many people feel it is a great time to devote to self to read, learn, experience and ponder our thoughts.

According to Australia's Indigenous culture, Winter is known as Makuru and is the coldest and wettest time of the year when heavy rains set in. In traditional life, it was time to move inland.

We trust you all enjoyed reading our last e-Newsletter with its new design. Your committee has decided it would be a great idea to have a theme to each Volume and Issue likened to Gitananda's Step by Step approach to learning more about Gitananda Yoga and yourself.

This issue's theme relates to the first Yama, Ahimsa, from Patanjali's "eight limbs of Yoga" as described in Chapter 2 Sutras 28-55 and Chapter 3 Sutras 3 and 54.8 of Patanjali's Sutras. We are sharing a look into the first limb of Patanjali's 8 Limbs with an excerpt on Ahimsa from Swamiji's book Frankly Speaking. This article was kindly submitted by our Secretary Hwamin and can be read within this newsletter.

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GYAA ONLINE FORUMS



Join us for the next and future Online Forums where you can come together to stay connected to Gitananda yoga teachings and other Sadhaks in Australia to strengthen your Sadhana to grow and glow.

If you have missed them, you can catch up watching them at a time that suits you as our Secretary posts a link to them in the following week.

Topic: Yantra part 5.

Date: July 7th 2024

Times:

Adelaide: 05:30 PM

NSW, VIC, QLD, ACT, TAS: 6:00

WA: 4:00 PM WA

Join Zoom Meeting:

[https://us06web.zoom.us/j/85750714122?](https://us06web.zoom.us/j/85750714122?pwd=HbgUnQLexF8ZGMNAm33l5uyTrwabCR.1)
[pwd=HbgUnQLexF8ZGMNAm33l5uyTrwabCR.1](https://us06web.zoom.us/j/85750714122?pwd=HbgUnQLexF8ZGMNAm33l5uyTrwabCR.1)

Meeting ID: 857 5071 4122

Passcode: 614684

Quote by Yogacharya Dr Ananda Balayogi Bhavanani

Nothing has the power of OM. As soon as you chant it you have the whole Universe on your side as you have attuned yourself to the Universe



GYA RETREAT FOR 23RD—27TH OCTOBER

October Retreat (23-27th October 2024)

We are planning the October retreat to be held in 2 locations; north in Queensland led by Yogacharya Muralidharan and south in Victoria led by Yogacharini Niraimathi. These gatherings are happening simultaneously, following the same format and practices to create a combined energy and unity to GYAA members across Australia. We will also be offering online Zoom sessions each evening and Dr. Ananda has kindly agreed to bless us with his presence by live Satsanga on Saturday and Sunday evenings. If you have any suggestions for Satsanga topic and Yoga practice given by Dr. Ananda on these days, please let us know.

Only financial members have the privilege to attend retreat or online Satsanga sessions, please make sure to renew your membership if you would like to take part. We will advise you of the cost and other details once they become available.

Please read page: 3 for Retreat Schedule and further information

Please contact Muralidharan at muralidharan33@yahoo.com.au if you have any questions about the upcoming Retreat.



***Quote from the Rishiculture Ashtanga (Gitananda)
Yoga Guru Parampara:***

*Yogic "health insurance" is achieved by normalizing our perception of stress,
optimizing our reaction to it and by releasing the pent-up stress effectively
through various practices.*

Ananda's Online Satsangha - on Saturday 26th October 2024.

Ananda's Online Yoga Practise / Questions on - Sunday 27th October 2024.

Schedule:

Hatha Yoga - We try to be on the Beach for Sunrise [5.45am Qld time] - 8 am walk along beach.

Breakfast / Break

Pranayama - 10:30 am till 11:30am [Qld Time]

Day 1 - Friday 25th October 2024 - Vibhaga Pranayama

Day 2 - Saturday 26th October 2024 - Vibhaga and Pradakshina Pranayama

Day 3 - Sunday 27th October 2024 - Vibhaga, Pradakshina and Savitri Pranayama

Jnana Yoga Kriyas 11:30 am - Noon [Qld Time]

Day 1- Friday 25th October 2024 - Marmanasthanam Kriya

Day 2- Saturday 26th October 2024 - Antara Jnana Kriya

Day 3- Sunday 27th October 2024 - Yoga Nidra

Lunch / Break

2:30 pm Onwards - Qld Time - On Zoom

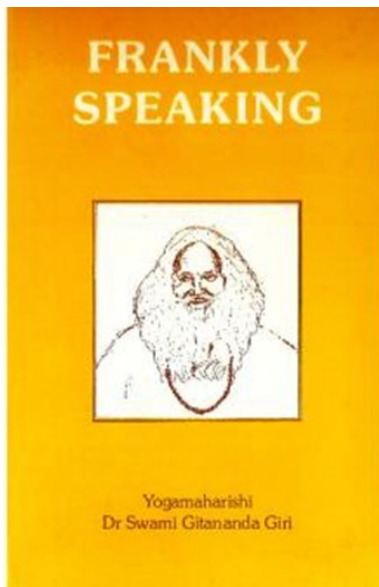
Day 1 - Friday 25th October 2024 - Chakra Pranayama with Murali / Q + A's on Zoom

Day 2 - Saturday 26th October 2024 - Dr Ananda Satsangha / Q + A,s on Zoom.

Day 3 - Sunday 27th October 2024 - Dr Ananda Yoga Practice Session / Q+A's on Zoom

STEP BY STEP THEME— YAMA—AHIMSA

From Frankly Speaking p. 51



** An interpretation of the Ahimsa Symbol is a hand with a wheel on the palm, which symbolises the vow for Ahimsa. The wheel represents the Dharmachakra, which



stands for the resolve to halt the samsara through the relentless pursuit of Ahimsa. The raised hand means to stop, and the symbol as a whole represents the cycle of life, non-violence, and the prevention of harm to all living creatures.

What does the concept of Ahimsa, non-violence, really mean?

Yoga morality, the Yamas of Patanjali, advocate only positive aspects of Ahimsa, or non-violence in thought, word and deed.

Ahimsa is not cowardice, or negativeness, as usually expressed by those who do not have the "guts" to face up to reality. Ahimsa is a state of consciousness brought on by sensitive right action which makes one fearless and brings a state of freedom from anxiety, pain, the fear of loss, and fills one with the positive spirit of Satyagraha, the Gandhian concept of 'Truth Force'. Purity, love, energy, all flow out of positive Ahimsa.

I have dealt with many who believe themselves to be non-violent in the conventional sense, but I find them to be moral and ethical cowards, taking no stand at all in favour of goodness, truth and beauty. These moral cowards who con-

sider themselves non-violent, violently destroy their own bodies, through worry, anxiety, tension and disease, not to mention the bad habits that most moral and ethical cowards have.

One following the path of Ahimsa can never be a meat eater, or use destructive tobacco, alcohol and drugs or engage in immoral activities. That is the grossest side of Himsa, or violence. Amongst the warriors of ancient Vedic India righteous violence in pursuit of the warrior's Dharma was pardonable, even the Swadharma of the Kshetriyas, but the vices of the society were never pardonable.

Do you love yourself in the truest sense of respect and understanding? Are you a friend to yourself and others? Are you a tower of strength and a lighthouse of virtue to those around you? Then you have established Ahimsa in your life. Do not worry about your enemies. This is why the moral conditions of Yama, the restraints of Patanjali, were considered the first steps in Yoga.

AHIMSA POEM & QUOTES

AHIMSA – A Powerful Way of Life

A dialogue between a mother and her child

The child looks at the mother and ask:

“Mother! Tell me, what is Ahimsa?”

The Mother answers:

“Ahimsa!”

“Ahimsa, my child, is a word full of meaning. It literally means non-violence.

But it should not be dismissed as an ordinary word.

In fact, it is an extra-ordinary principle,

A powerful way of yogic life,

that can elevate our lives most significantly”

The Mother continues:

“To put it in simple language my child,

Ahimsa is being kind, yes, being very kind.

In fact, being extremely kind to one and all!

Not just being kind to your parents and friends,

but being kind to the neighbours as well,

being kind to people of all communities,

being kind to people of all languages,

being kind to your countrymen!

Wait! That’s not enough, dear!

We need to be kind to the whole world.”

The child looks bewildered and says:

“Oh Mother! That’s so vast! Like an Ocean!”

The Mother adds:

“And remember, my child, kindness not just in words alone,

But in deeds! It means harmlessness too!

To take utmost care not to harm anyone.

No matter whether they are rich, poor or middle-class,

No matter whether they are blind, deaf or dumb,

No matter whether they are sick with diabetes,

cancer or aids,

No matter whether their colour is black, brown or

white,

No matter whether they are Hindus, Christians or Muslims.

Whatever they are, we have no right to harm anyone.”

The child, a bit confused says:

“Oh Mother! That’s a long list of kindness and harmlessness!

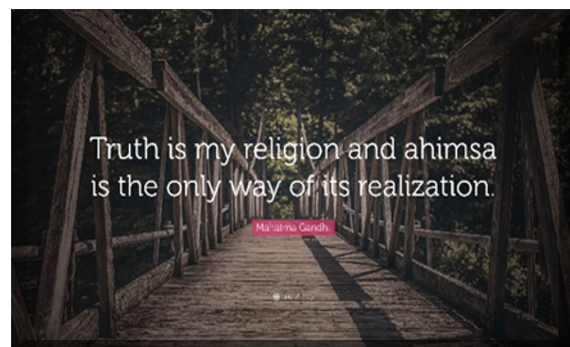
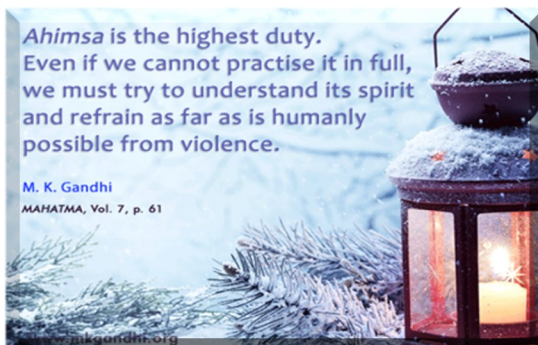
How can I remember all of them?

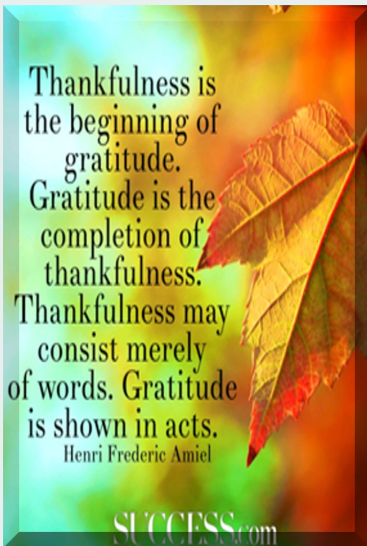
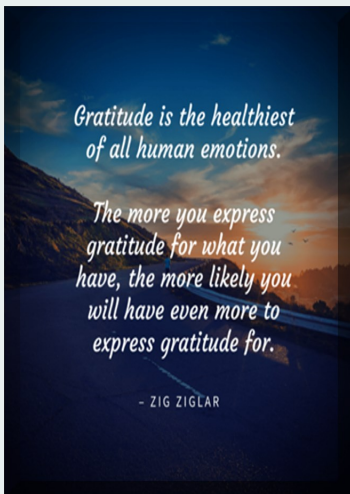
I have to by-heart them all.”

The Mother firmly asserts:

“Yes! My child! You need to by-heart all of them.”

By: *Dr Geeta Radhakrishna Menon*





"My Journey of Understanding Gratitude" ~ Week 3 By: Dhivya Priya Bhavanani

In my third week of Gratitude travel and journaling, I would like to dedicate this to [Yogacharini Devasena Bhavanani](#) ~ my dearest & divine mother/guru.

Maaaaaaaaaaaaaaaaaaaaaaaaa!!!!!!!

Isn't this the base sound for expressing our feelings of joy, grief, disgust, awe, compassion, anger and fear? Well, this is the one sound I know that isn't copyrighted for any of us. There always exists a belief and trust behind every time we evoke this mantra as we do know that even if we don't get what we exactly wanted, we still will feel satisfied and better than before.

With a heart of gold and soul of compassion, my mother is the most beautiful person in this world.

By sharing everything no matter how small or big it was/is, she is the manifestation of unconditional love herself.

With the blue skies so high and landforms up and down, my ma's soul and name is celebrated in every zone.

So as it is understood, with more money I am not rich but with my mom, her heart of gold and magical aura I am the richest.

To my dearest mother/guru,

You have been my biggest source of strength, unwavering love and "anytime-anything-call-me" constante. A mere thank you can never equal up to show my gratitude to you. Whenever I felt down, washed out and unloved, you stood there as if nothing else matters. You have always been the savior of my self-concept and motivation. Thank you for always listening out patiently to all



My Journey of Understanding Gratitude— cont.

my stupid dramas. It is for your little pieces of counselling and sweet talks that I am here today, stronger and better. You are that person that I know I can rely on and tell anything and everything.

Everybody sees the smiling DPB! I will be failing in my duty if I don't put it out here that it is due to my mother that I am smiling, cheerful and happy. It is Mrs DB ~ Devasena Bhavanani that absorbs all my sorrows, wipes all my tears, takes on her all my pain and makes the world, a better place to live and life, an easier one to conquer. It is like she is the reason for all the goodness, success and happiness manifested in my life as she has been that constant push, guiding star and inspiration figure.

With so many people moving away from us in life, I am grateful that my mother has been, is and will always be there for me and yes, that is what truly matters. Right from the days of kicking in the womb to becoming a naughty toddler to an annoying teenager and finally an almost completed graduate, you have molded, made and manifested me, the successful me, the happy me and moreover, the best version of me.

All of DPB's defining aspects began with you in the safe womb ~ Yoga, Dance, Music, Sanskrit Mantras, Chanting and many/much more. Thank you for nourishing and nurturing me since the past 20 years and 7 1/2 months plus 40 weeks. I hope I live up to becoming your dream version of DPB! Gratitude to you for rescheduling your life around mine and reliving your happiness through mine.

Loads of love, hugs and kisses,

From your first and favourite child.



Quotes

by Swamiji,
Ammaji & Dr Sir

Offered by:

Dhivya Priya Bhavanani

"In both yoga and music we undergo a process of culturing, something that has to occur at the level of the body, mind, emotions and spirit.

In this process, we go from being a rough potential diamond to becoming the final, manifest, polished gem.

It is a continuous process; day-by-day, hour-by-hour, moment-by-moment, we are indeed growing and glowing more and more!"

We as individual entities in the universe, are like a small piece of a large mirror. All the pieces reflect light, yet each has its own entity. Each drop of water is part of the rainbow, yet each one has its own rainbow within it.

"Beauty is not fun, it is not pleasure. Beauty reigns in a totally different realm.

The world of beauty is airy, sunny, light and pure.

It can never decay, as it is a joy forever".



LINKS TO ANANDAJI'S You Tube TALKS

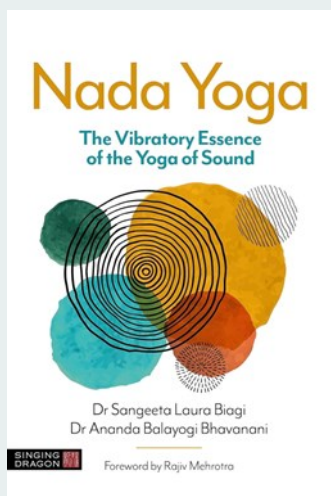
Have you viewed any of these courses yet? Dr. Ananda's generous offerings on You-tube can help people learn more and in their own time.

Some available courses are Adhikara Yoga, Satsangha 999, Primer of Yoga Theory, Secrets of Yoga Therapy and more. You can find Dr Ananda's courses via the link below, under Playlist tab.

You can find Dr. Ananda's playlist here.

<https://youtube.com/@YogacharyaDrAnandaBhavanani?si=7Xw-leiUWAPTRCf0>

We would LOVE to learn of any other resources you as members have found as interesting viewing. Please share with us for the next Newsletter.



NADA YOGA

Nada Yoga - The Vibratory Essence of the Yoga of Sound by Dr Sangeeta Laura Biagi and Dr Ananda Balayogi Bhavanani.

This is a real gem of a book that clearly educates the reader on Nada Yoga which is far more than mantras. It's connection with Patanjali's Sutras and all the aspects of Yoga is beautiful to read. A surprise was the illuminating history of Gitananda Yoga lineage in the Introduction.

Within the Appendixes there is a collection of selected Mantras and Bha-jans of Ananda Ashram/ICYER and the Role of Yoga and music therapy in promoting Salutogenesis.

MEMBERSHIP



It is time to renew your membership with Gitananda Yoga Association of Australia for 2024. Please deposit \$30 for Associate membership or \$50 Accredited membership into the following bank account at your earliest convenience. Please make sure to include your name so we can send you receipt of payment.

Account name: Gitananda Yoga Association

BSB: 015 025

Account number: 498569383

Reference: Your Name

Your membership with GYAA assists us to promote Rishiculture Ashtanga (Gitananda) Yoga in Australia and help support Ananda Ashram to carry on the works of Yogamaharishi Dr. Swami Gitananda Giri. Your membership of the Association entitles you to the following benefits:

Quarterly newsletter + Online Forum via ZOOM + Opportunity to attend retreats + Accredited teacher listing on our website + Regular group visits to Ananda Ashram, Pondicherry, India

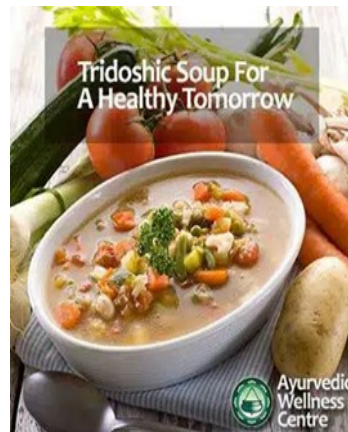
RECIPE CORNER

Winter Vegetable Soup for 4 people

As vegetables are a rich source of vitamins and nutrients, Ayurveda recommends serving light meals which comprise of large amounts of vegetables in winter. For people with weaker immune systems, it is especially important to have large amount of vegetables in their diet in winter. In Ayurveda, this soup is often described as being "Tri-Doshic". This soup provides a healthy dose of iron, calcium, magnesium, and beta-carotene.

Ingredients:

- 4 cups of mixed vegetables (carrots, green beans etc)
- 8 cups of water
- 1 teaspoon of cumin seeds
- 6 whole pepper corns
- 1 inch piece of cinnamon stick
- 10 cloves
- 10 cardamom pods
- 2 tablespoons of ghee
- 1/2 teaspoon of salt



Preparation & Method:

- Wash and cut the vegetables into bite-sized pieces.
- Put the vegetables and water in a soup pot. Cover and cook on medium heat until just tender.
- Set aside in a bowl.
- Grind the cumin seeds, peppercorns, cinnamon stick, cardamom pods and cloves to a fine powder in a mortar and pestle.
- Heat a soup pot on medium heat and add the Ghee, then the group spices.
- Sauté a moment while being careful for not to burn them.
- Add the vegetables and 4 cups of the broth.
- Boil for 2 minutes.
- Stir salt and serve.

Reference: [Simple Tridoshic Vegetable Soup | Ayurvedic Wellness Centre](#)



"Enjoy cooking. Don't do it because you have to. Do it because it's a new and awesome experience every time."

ICYER:

International Centre for Yoga Education and Research.



ATTENDING ICYER IN 2024

Any members of GYA who are keen to join Murali at ICYER India for September 13th 2024, Amma's Birthday, please contact Murali.

Hatha Yoga Classes will be available from August 26th thru 8th September 2024. We will have Hatha Yoga classes on the roof every morning.

We will also visit the Institute of Salutogenesis where Ananda has a special Team of Yoga and Music Therapists creating an atmosphere / environment for Holistic Healing which has unlimited potential.

We will have a day tour of Shiva Temple at Chidambaram. Ganesh our temple pandit and guide explained that Lord Nataraja temple within the complex was considered to be the center of the universe where Shiva manifested reality as we know it.



Photo of rooftop Yoga class with people of all ages enjoying their practice.



LIGHT HUMOUR



I asked a supermarket employee where they kept the canned peaches.

He said, "I'll see," & walked away.

I asked another & he also said, "I'll see," & walked away.

In the end, I gave up & found them myself, in Aisle C.

A guy walks into a lumberyard & asks for some 2x4s.

The clerk asks, "How long do you need them?"

The guy answers, "A long time. We're gonna build a house."

So my neighbour knocked on my front door at 3 am. 3AM!!!

Luckily, I was already up playing the bagpipes.



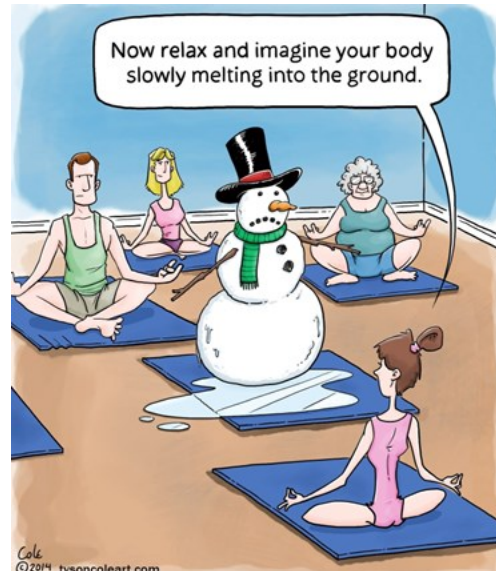
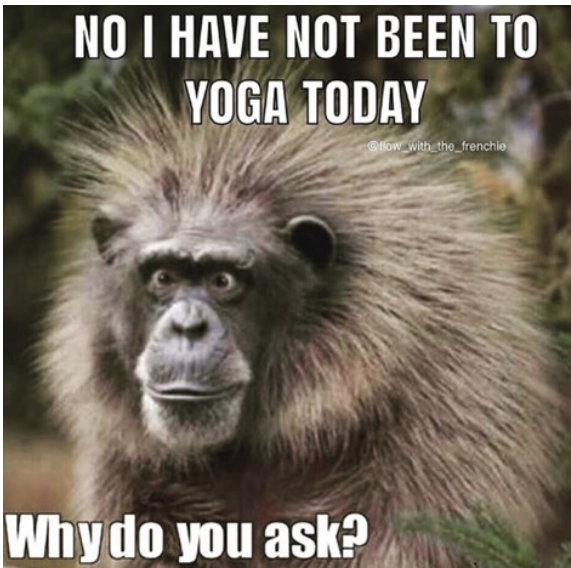
"Thanks to yoga, I now gently stretch to conclusions instead of jumping to them"



This Pho-

This Pho-

This Pho-



Gitananda Gold Coast 20th to 24th March 2024 By Zigi

The lonely Little Cloud

Forecasted threats of wall-to-wall rain had led to the cancellation of the twice-yearly Gitananda Yoga retreat at Breakfree Diamond Beach resort, Broadbeach, Gold Coast, Australia.



As the cancellation was too late for refunds, Little Cloud decided she would dare the weather and go anyway. Besides, she enjoyed being buffeted by howling winds and plunging into wild seas. How bad could it be? Possible adventure beckoned!

Following day, Little Cloud arrived to her allocated no. 34 unit at Breakfree Resort. Everything appeared to be immaculately clean, but oh so EMPTY! Little Cloud drifted in and out of the rooms finding nothing but empty beds and the overwhelming lack of smiling faces. Soon she felt her spirit being sucked into a black vortex of threatening annihilation. Had she come for this? Of course not! She rushed outside to seek liberation.

Alas, shops offered no consolation, nor did gloomy grey beach walks. Even climbing up the Rainbow Stairs to Magic Mountain Lookout did not bring the usual euphoria! Self-misery prevailed.



The lonely Little Cloud, continued

However, she felt herself gradually being wrenched out of the abyss and headed back to the glass frontage of the advertisement. Hesitantly, she entered and stood still in shocked amazement! It was like entering a South Indian Temple that she remembered from years ago. Her senses were overwhelmed by the riot of colours from the various goods and chattels, pictures and posters, plus a substrata of vibration created by the soft humming sounds of various *mantras*.

Upon questioning, helpful persons informed her that she was entering the precincts of the “Australian School of Meditation & Yoga” on the Gold Coast. She eagerly accepted the offered programme of daily and weekly classes and various community events.

Early next morning, Little Cloud hurriedly dressed, took her yoga mat and flew off to experience some of the classes that sounded very familiar, except that there was the call of a deeper vibration that she wished to further experience. She was not disappointed. It was not the *asanas* nor the *pranayamas* that carried the most power; it was the hum of *kirtans* that permeated the whole room, the teachers, even the students. The soft vibration enveloped her as a vital energizing force spreading its radiation throughout the universe. OM HARI OM.

Little Cloud was lonely Little Cloud no more! She had re-discovered the power of *nada* that could be used in one’s life, not only in India but also in Australia. OM HARI OM.

PS. Internet has plenty of information on the “Australian school of Meditation, yoga and kirtans”.





Gitananda Yoga Association Australia Inc

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