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## **Bhakti and Music**

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For a *bhakta*, life should be a continuous symphony whether they are high or low, whether they are working or sleeping, whether they are happy or angry. All the ups and downs of life are mere ripples on the river or ocean of bliss. Everything is an expression of inner joy, whether it is anger or laughter. The whole life of an intense *bhakta* is like beautiful music... Life is one continuous song...

Most people don't perceive this inner music, but it is clear if you care to listen. If you perfectly tune a radio to a broadcasting station and turn up the volume to full blast, then there is no mistake in perceiving the sound. It is the same with the inner music. When you hear it, then there is no doubt. This inner music is the music of knowledge, the music of bliss.

*YOGA AND KRIYA*

SWAMI SATYANANDA SARASWATI & SWAMI NISCHALANANDA SARASWATI



**Satyananda Yoga Centre**  
**70 Thurleigh Road**  
**London SW12 8UD**

Tel: 020 8673 4869 \* Fax: 020 8675 4080  
Monday-Friday, 9am-7pm

**[www.yoga.freeuk.com](http://www.yoga.freeuk.com)**

### **Front Cover**

The front cover, a yantra for anahata chakra, was drawn especially by Ganga. For more information on her work you can email her at [lucylindner@yahoo.co.uk](mailto:lucylindner@yahoo.co.uk)

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“*Vishnu granthi*, the second psychic knot, is located at the heart centre [anahata chakra]. It represents the bondage of emotional attachment, the tendency to live one's life making decisions on the strength of the emotions and feelings rather than in the light of the spiritual quest. *Vishnu granthi* is untied as the emotions harmonise and enhance, rather than oppose the spiritual awakening”.

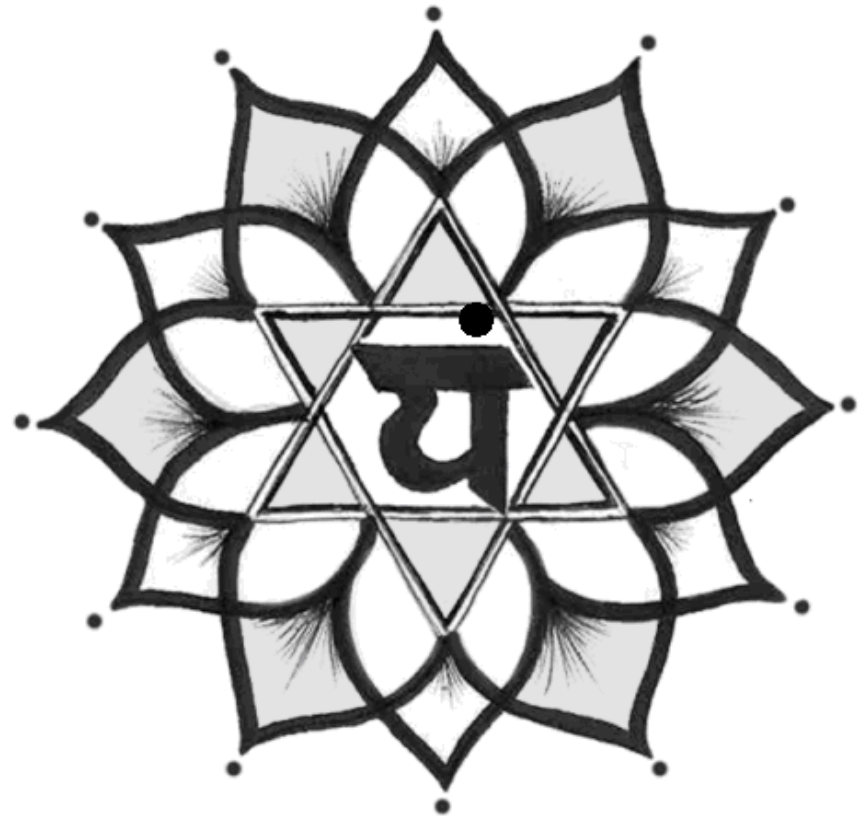
*KUNDALINI TANTRA*

SWAMI SATYANANDA SARASWATI

# SATYANANDA YOGA CENTRE

## LONDON NEWSLETTER

Autumn/Winter 2003



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## Bhakti - The Future

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The past few months at the London Centre have been both busy and fruitful. Twenty-four students from a variety of traditions completed the Yoga Nidra course, we had a powerfully silent day of Japa Anusthan, a joyous and sunny Guru Purnima, and finished off in late July with a weekend of Hridayakasha Dharana (meditation on the heartspace).

There are so many of these wonderful practices in our tradition, but what practical use are they? How do *you* translate what you've learned here into everyday life? It's no good loving God and Guru if you get home after a Yoga class or weekend, only to fight with your partner or loved ones. Instead, bring your Yoga home, greet those who live with or near you with a smile, be genuinely interested in their day, and share something positive from your Yoga practice. After all, Yoga (*union*) and in particular Bhakti Yoga is about living a loving and useful life, not just in the rarefied atmosphere of an ashram but in everyday stressful city life.

To paraphrase Swami Sivananda, if one person lights a candle it may not seem to do a great deal, but if we all light a candle the combined light will illuminate this world. Those of us on the spiritual path must each light our candle and share that light and love.

In the current climate of uncertainty, selfishness and violence we need Bhakti Yoga more than ever. Take Yoga home and make Bhakti your future.

Om Tat Sat!

Swami Pragyamurti

One can worship God in any form one likes. In this Kali Yuga, samkirtan, the singing of God's name, is a divine path. The other path is helping others. If every single person were to light one candle for another, how many candles would be lit? With this chain reaction every house would be lit with a candle. The last century did not support bhakti, it supported politics, materialism and the fulfilment of petty desires. International peace can only be achieved if every human being is peaceful.

PARAMAHAMSA SATYANANDA

*Even the most exalted states and the most exceptional spiritual accomplishments are unimportant if we cannot be happy in the most basic and ordinary ways, if we cannot touch one another and the life we have been given with our hearts.*

A PATH WITH HEART  
JACK KORNFELD

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## Yoga Nidra Course

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On a beautiful sunny Midsummer Day the Yoga Nidra course gathered in the garden for our last meeting. After a lunch feast we had our final session, including a Yoga Nidra in the warm sunshine with a visualisation of Surya Namaskar - a wonderful end to a wonderful course.

As soon as I saw the announcement of the course last year, I knew that I wanted to be part of it. I've practised Yoga Nidra since first learning it from Swami Dharmananda in the mid-80s, and have been teaching it for a number of years. It was a mainstay of my practice when I was dealing with breast cancer in 1993, and my work with people with cancer at the Yoga Therapy Centre has made me still more aware of what a powerful healing tool Yoga Nidra is. I looked to the course to deepen my understanding of the practice and enhance my teaching of it, and it certainly has.

Swami Pragyamurti plans to offer further Yoga Nidra courses, and I'd strongly recommend it to teachers who want to learn about this important practice and to develop skill and confidence in offering it to students. My sincere thanks to Swamiji for giving this excellent, well structured course - it has been illuminating and extremely helpful in every way.

Priyashakti (Julie Friedeberger)

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## Yoga Mart

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**Blessed Self** - A collection of chants, mantras & bhajans from Krishnadhyanam's Nada Yoga classes and workshops. Music to listen to and bliss out with. The tape comes with a booklet of words so you can join in! 🕉️ 60 minutes

**Nada Yoga Music Practice Tape & Booklet** - Develop your singing voice by learning and practising the Indian swaras (notes) Sa-Re-Ga-Ma-Pa-Dha-Ni-Sa, whilst also improving your sense of pitch and rhythm. 🕉️ 90 minutes

Both tapes cost £6 (+£1 p&p) and are available from the London Centre.

**Telescopic Tratak Stands** - Adjustable up to a height of 100cm and can be easily dismantled for travel. High quality and excellent value at £20 from the Centre.

We also stock a selection of books, neti pots, malas and chakra charts.

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## Swami Pragyamurti Around & About

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4/5 Oct Rennes, France.

18/19 Oct Cork, Eire. (Anandprakash / Cork 341890)

8/9 Nov Scottish Yoga Teachers Association. (Frances Corr / 0131 343 3553)

28/29 Feb Nantes, France.

13/14 Mar Galway, Eire. (Shraddhamurti / +353 91 844449)

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## The Four Month Certificate Course

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The four month certificate course in yogic studies is conducted at the world's first yoga university - Bihar School of Yoga, Munger, India. The course exposes you to what it is really like to live a yogic lifestyle.

Four months living in the ashram environment while studying and adjusting to its routine gives you a unique opportunity to experience firsthand what it is like to live simply, cleanly, with awareness and thought, and without the outside pressures that you usually have.

As the course unfolds you develop an understanding of yogic concepts and the different types of yogas and their application. When we return to our homes and families we can put this into practice and try to live a yogic life. This doesn't mean renouncing things, although you may wish to do that, but rather to integrate yogic principles into everyday life; a little sadhana... a little gossip... a little less of a hectic life. Gradual, realistic, manageable changes that are small, small steps. Each step comes with thought; behind thought is the intention and this carries an energy that has the power to create true change.

I cannot fully describe the inner process, but being in a spiritually charged environment for a period of time has a powerful effect - receiving inspiration from Swami Niranjan's satsangs and embracing the unknown at Rikhia in the presence of like-minded people creates an atmosphere that is rich, intense, uplifting, moving, getting a sense of a higher reality and how to connect to it.

The certificate course comes quickly to an end and you've experienced so much on so many levels. Time is needed to process. You understand more about yourself and how to use yoga to improve the quality of your life and how to get your system, your prana, your body into harmony. You might know enough about yoga to teach a class or show your friends, but more than this, you can *live* it.

**Pragyadhara**

*Since penning this article, Pragyadhara has been inspired to embark on a further two year course at BYB.*

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## Publications

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The twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** needs your support. Please contact Lalitambika for subscription details (41 Charlton, Singleton, West Sussex PO18 0HU).

**Yoga Magazine**, published by the Bihar School of Yoga, is available from the London Centre. To subscribe please send an SAE to the London Centre asking for further details, or download an application form from [www.yogamag.net](http://www.yogamag.net)

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## Sat Chandi Mahayajna

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Sat Chandi Mahayajna is the annual focal point of the work that Paramahansa Satyananda is now undertaking. He no longer talks about Yoga, Pranayama, Meditation and so on; his focus has shifted and this shift of attention is a natural outcome of his sadhana.

Many of us are Yoga teachers and practitioners, some for many years, some for less time. Many of us are disciples, devotees or well wishers of Paramahamsaji. As such we need to refocus and reassess what we do and how we do it - it is our duty. Teaching Pawanmuktasana, Yoga Nidra and all the other great techniques in our yogic toolkit is one way of helping society and our Guru's mission, but staying in tune with current trends is equally important.

According to Paramahamsaji the Yoga of the 21st century is Bhakti Yoga, the Yoga of Devotion. So far we have been tickling the surface of yoga, dipping our toes, and now it is time we dived into the depths. Bhakti Yoga cannot be learnt from books, regular yoga teachers or acharyas. We need to imbibe this subtle form by being in the presence of one who has tasted Bhakti, one who is turning every moment into being a bhakta. The forum for this encounter is Rikhia and Sat Chandi Mahayajna.

Go, imbibe the sentiment of giving, imbibe the sentiment of sacrifice, imbibe the presence of a bhakta. Learn the truth of unspoken Yoga, be a part of the new mission of Paramahamsaji, update your self! What are you waiting for?

**Achyutananda**

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## Sita Kalyanam 2003

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**Dates:** Sita Kalyanam is taking place in Deoghar, 24-28 November 2003. These dates include arrival and departure days.

**Travel:** We have been asked by the ashram in India to forward the names and travel dates of all those travelling to Rikhia this year. If you are intending to go can you please inform the centre of the following: name, gender, age, whether travelling alone or with a group and arrival/departure dates in Rikhia.

**Gifts (Bhet):** This year Paramahamsaji will be offering *panch dhanya* (the five traditional grains) as *bhet* during the Rajasooya Yajna. These are rice, wheat, maize, barley & millet, given as a token of obeisance to the rishis and munis of the vedic era who made us aware of this subtle concept. If you would like to participate in the offering of grains, you can donate cash in the Centre donations box, or by cheque payable to "Satyananda Centre, London", writing "Donation for Sita Kalyanam" on the back of the cheque. All donations will be passed on to Sivananda Math who are undertaking the purchase and distribution of grains.

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## **Yoga Retreat at Bihar School of Yoga, Rikhia, India 14 February - 5 March 2004**

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Come experience Yoga in a powerful environment! This is a unique opportunity to join the first British group to go on a Yoga Retreat at Rikhia, the sadhana place of Paramahansa Satyananda. The daily programme includes asana & pranayama classes, meditation, satsang, kirtan, karma yoga and allows the participation in the projects of Sivananda Math and the daily life of the ashram in Rikhia.

Provisional price is £875 plus flight. There are group or individual travel options.

For more information and all enquiries contact Jayadhara (Jane Cluley).

Phone: 01347 823004 Email: janecluley@tiscali.co.uk

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## **Yoga Events with Swami Vedantananda**

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### **Yoga Days in Horley, Surrey**

Saturday 24 January 2004 The Upanishads in Yoga (ISTD for teachers)

Saturday 31 January 2004 Introduction to Swara Yoga

### **Yoga for Children (BWY Training Module) in Horley, Surrey**

These five one-day seminars are for qualified Yoga teachers. Course dates are 6 March, 3 April, 8 May, 19 June & 17 July 2004 in Horley, Surrey.

### **Study & Sadhana Course (Part 1) at Satyananda Yoga Centre, London**

This course is designed for Yoga students who wish to develop and deepen their study and establish themselves in a personal sadhana, thereby enhancing their knowledge of the philosophy and principles of the practice of Yoga. Course dates are 28/29 February, 27/28 March, 1/2 May, 5/6 June, 3/4 July & 4/5 September 2004 at the Satyananda Yoga Centre, London.

For further details please contact Swami Vedantananda directly, either by phone on 01293 784 192 or email vedanta.saraswati@virgin.net

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## **Shankhaprakshalana (Salt Water Cleansing)**

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Autumn Clean dates are 20 September & 4 October 2003 in *Dulwich*, starting at 9am prompt. If you haven't done the practice before, you will be taught the short version only. Cost is £20 payable in full before the day at the London Centre.

There is an opportunity to learn the short version (*laghoo shankhaprakshalana*) at the London Centre on Sunday 14 September - see weekend diary for details.

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## **BWY Yoga for Children Module**

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This BWY module runs over five days and is being held at Yoga Junction, Finsbury Park. Dates are 20 March, 17 April, 15 May, 19 June & 17 July 2004. Contact: Lynn Parrott, phone 020 8693 4603, email lynnparrott@yahoo.co.uk

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## **London Centre Diary**

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### **Saturday 13 September 2003 Chakras, Bandhas & Mudras**

9am-5pm

*Anashakti*

### **Sunday 14 September**

9am-noon

**Laghoo shankhaprakshalana (short cleansing)**

*Nadarupa, Lila, Prana*

An opportunity to learn the short saltwater cleansing practice before embarking on the full version.

### **Saturday 18 October**

9am-5pm

**Nada Yoga**

*Krishnadhyanam*

The power of sound and how it affects our lives.

### **Saturday 15 November**

9am-5pm

**Antenatal Yoga (ISTD)**

*Gill Kelly*

### **Saturday 6 December**

9am-5pm

**Yoga Nidra (ISTD)**

*Swami Pragyamurti*

A day to tune-up your teaching of Yoga Nidra and develop the more creative aspects of this core practice of Satyananda Yoga.

### **Saturday 17 January 2004**

9am-5pm

**Bringing the Upanishads to Life (ISTD)**

*Swami Vedantananda*

The Upanishads form the philosophy of Vedanta and are rich and inspiring ancient dialogues speculating on the nature of reality, God, the Universe, and the destiny of humankind. The theme of Vedanta is *Atmabhava* (seeing oneself in others) and this is what Swami Satyananda is practising in Rikhia.

What better time than now to introduce this ancient wisdom to our students? This day will be a combination of practice, theory and discussion, giving practical ideas of how to introduce this wisdom into your teaching.

### **Saturday 31 January**

9am-5pm

**Mantra**

*Nadarupa*

A practical exploration of Mantra in asana, pranayama & meditation.

### **Weekend 7-8 February**

starts 9am Saturday

**Prana Vidya**

*Swami Pragyamurti*

This weekend is open to students with some prior experience of Prana Vidya.

Please send full payment with your application and bring vegetarian lunch to share for the one day programmes (except the cleansing morning).

Cost is £27 for day programmes (£12 for cleansing morning), £70 for weekend events. If you have difficulty paying for a weekend event, please contact us as we do not wish to exclude students from Yoga programmes because of the cost.

**ISTD** events are for qualified yoga teachers only. Yoga Teachers must complete at least one In-Service Training Day each year to maintain insurance cover.