
OM

*The syllable OM, when it is not fully understood,
does not lead beyond mortality.*

*When it is fully understood,
and meditation is therefore rightly directed,
a person is freed from fear,
whether awake, dreaming or sleeping the dreamless sleep,
and attains to Brahman.*

Prasna Upanishad



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Monday-Friday, 9am-7pm

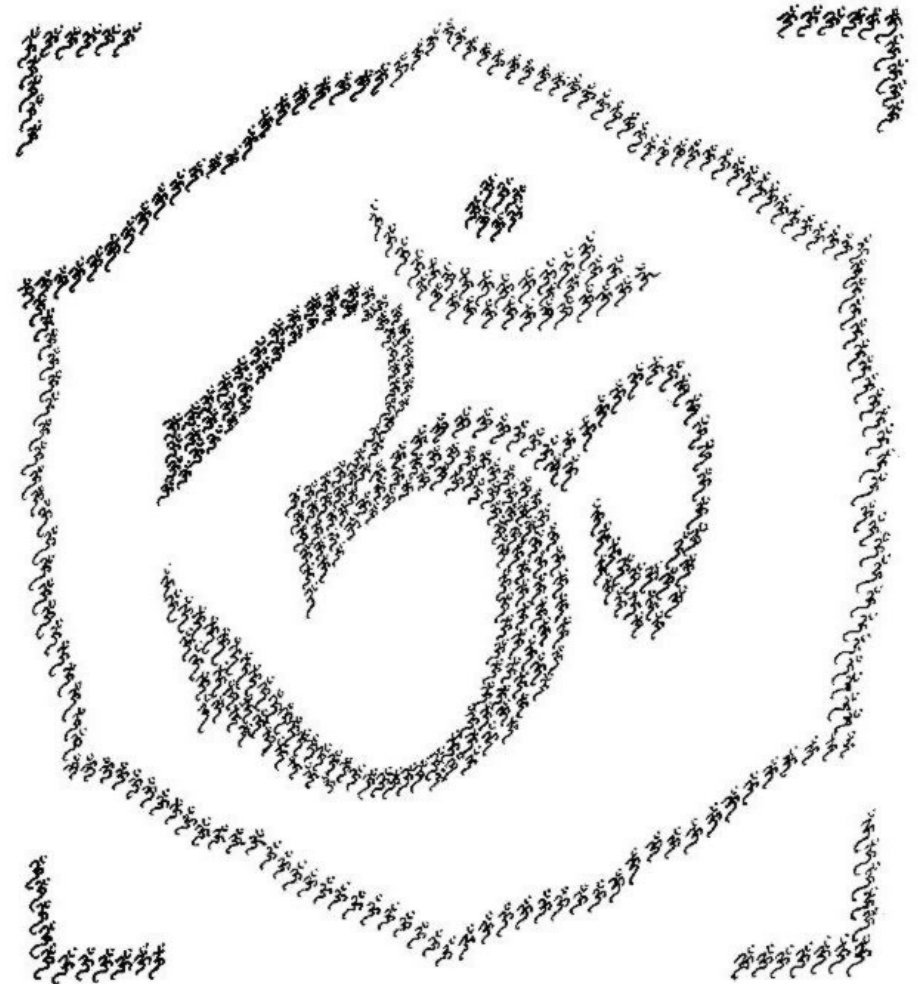
www.syclondon.com

Front Cover

The front cover is a beautiful example of *japa likhita* (written mantra) on the universal mantra OM, made up of many tiny OM's. Kindly contributed by Padma.

Satyananda Yoga Centre London Newsletter

Autumn-Winter 2004



Editorial

Hari OM. The last few months at the London Centre have had a great energy, with well-attended **weekend events**, a beautiful **lecture on Tantra** in the garden with Swami Maheshananda, and a joyful **Guru Purnima** culminating in Kirtan just down the road at the community hall. This new evening venue was such a success that we shall certainly be using it again next year.

But undoubtedly the highlight was the Mallorcan event in May, **Spontaneous Yoga Living**, with one of our beloved Gurus, Swami Niranjanananda. For all those who were fortunate enough to go, the memories will last a very long time.

Looking forward to the next few months, we have a varied and exciting line-up of **weekend events** and **in-service training days** for teachers. For weekend events we are now asking students to **pay in advance**; this will help us to avoid having unpaid empty places and disappointing other students. The **London Centre Diary** in the middle of this newsletter has all the details and an application form. Please remember to write these dates into your diary!

Finally, over the next six months, each of the three regular evening classes for experienced students with **Swami Pragyamurti** will have a **specific theme**:

Chakra Shuddhi: purification of the chakras in asana, pranayama & meditation,
Tattwa Dharana: understanding the influence of the elements (tattwas), and
Akasha Dharana: discovering the three psychic spaces of the body.

This new format will give an added depth and breadth to many of the familiar Satyananda practices. *Om Tat Sat!*

Satyananda Yoga Gathering, 20-22 May 2005

Whether or not you have attended a national or international event with Satyananda Yoga, you are cordially invited to this program in May 2005 at Farncombe Estate Adult Learning Centre, Broadway, Worcester, which will be led by Swamis Pragyamurti, Nishchalananda, Vedantananda, Satyaprakash, Chetanmurti and Shraddhamurti. There will be classes galore, workshops, kirtan and satsang as well as the opportunity to meet many of the people who together comprise the family of Satyananda Yoga UK and Ireland. More details will be available soon but, in the meantime, please keep these dates free in your diary.

Totally Cosmic Sri Yantra T-Shirts

Sri Yantra T-shirts in high quality 100% cotton with a beautiful Sri Yantra printed on the front are available now in a range of colours and sizes, cost is £10 (T-shirt), £12.50 (long sleeves). All profits go to Sivananda Math, India.

Please note: Available to personal callers only, not by mail.

Yoga Mart

Blessed Self

A collection of chants, mantras and bhajans from Krishnadhyanam's Nada Yoga classes and workshops. Music to listen to and bliss out with. A booklet of words is also available so you can join in! For details see www.syclondon.com/audio

Nada Yoga Music Practice

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.

Available on CD at £10 or cassette at £6 (+£1 p&p), from the London Centre.

Telescopic Tratak Stands

Adjustable up to a height of 100cm and easily dismantled for travel. High quality and excellent value at £22 from the London Centre or www.sanyamatma.com

Yantras

A selection of Yantras, including Sri Yantra, is available from the London Centre, cost from £5 upwards depending on size. All yantras are mounted on thick board and suitable for tratak, or simply to enhance your home or yoga practice space.

Other Items

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

New Books

Sri Vijnana Bhairava Tantra: The Ascent / Swami Satyasangananda Saraswati

A new translation & commentary of a classic tantric text comprises 112 different dharanas (techniques of concentration), which can be incorporated into daily life.

Yoga Chudamani Upanishad: Crown Jewel of Yoga / Swami Satyadharm

A manual of higher sadhana for advanced aspirants. It discusses the nadis, prana vayus, chakras, kundalini shakti, ajapa gayatri and pranava.

These and most other BSY books are available from the London Centre.

Regular Publications

The twice-yearly News Sheet for the International Yoga Fellowship Movement UK & Eire has an excellent selection of articles and a national diary of Satyananda events. Please contact Lalitambika for subscription details at 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

Swami Pragyamurti Around & About

9 October 2004 ISTD – Padmasambhava, Wales
23 October ISTD – Yoga Nidra, SYC Birmingham

Yoga Events with Swami Vedantananda

8/9 January 2005 Yoga weekend – The Tattwas (elements), Sheffield
15 January ISTD – Introducing philosophy into your teaching, Horley
5 February Yoga day – Swadhyaya (study of the Self), Horley
5 March ISTD – Introducing chakras into your teaching, Kent
23 April ISTD – Swadhyaya (study of the Self), SYC Birmingham

Sadhana Course

A Sadhana Course with Swami Vedantananda will be held at the London Centre over five residential weekends in 2005. The course is designed for yoga students who wish to develop and deepen their practice and experience of yoga and meditation, and to imbibe the yogic lifestyle, using yoga to its fullest capacity.

For details please contact Swami Vedantananda by phone 01293 784 192 or email vedanta.saraswati@virgin.net

Shankhprakashalana (Salt Water Cleansing)

Spring Clean dates are 4 & 18 September 2004 *in Dulwich*, starting at 9am prompt. If you haven't done the practice before, you will be taught the short version only. Cost is £25 payable in full before the day at the London Centre.

Kirtan & Nada Yoga

Kirtan and chanting of *Maha Mrityunjaya Mantra* takes place on the last Friday of the month, 7.30-9.00pm. Kirtan is free of charge – everyone welcome.

Nada Yoga (yoga of sound) with Krishnadhyanam is held on other Friday evenings at 7.30pm, cost is £6.

For information about Nada Yoga workshops with Krishnadhyanam see his new website at www.krishnadhyanam.co.uk

Register of Satyananda Yoga Teachers

A register of Satyananda Yoga Teachers has been compiled and is kept at the London Centre.

If you are a qualified BSY teacher and have not already done so, please complete and return the form enclosed with this newsletter.

Satyananda Yoga Academy Europe (SYAE)

During the Spontaneous Yogic Living program in May 2004 in Mallorca, Swami Niranjanananda announced the official formation of Satyananda Yoga Academy Europe. The Academy will operate as the European 'satellite' of Bihar Yoga Bharati. Its mandate is to propagate, preserve and uphold the integrity of the teachings of Satyananda Yoga® / Bihar Yoga®, to raise the level of yogic understanding in society, and to develop and implement structures and systems for the ongoing training and teaching of Satyananda Yoga / Bihar Yoga in Europe.

The Academy will provide a structure under which the members of the European Satyananda Yoga family can contribute towards the future development of Satyananda Yoga / Bihar Yoga in Europe. The focus for the first year will be:

- the development of a Bihar Yogic Studies course, tailored to the needs of the European community, and
- creating and installing internal structures necessary for this pan-European body.

Once this initial phase has been completed, the ongoing work of the Academy will be publicised.

As we all know, a number of dedicated sannyasins have worked tirelessly for Satyananda Yoga® for many years. Whilst in Mallorca, Swamiji named nine such individuals who have helped to form the backbone of Satyananda Yoga and bestowed upon them the title of 'Guardians of Yoga for Satyananda Yoga Academy Europe'. These nine are: Swamis Anandananda, Nishchalananda, Pragyamurti, Prakashananda, Satyaprakash, Sivamaya, Sivamurti, Vedantananda and Vivekananda.

Satyananda Yoga is extremely fortunate to be under the guardianship of such a remarkable human resource and it is anticipated that the European Academy will benefit greatly from their wisdom, experience and practical assistance in fulfilling its mandate.

Brahmananda, June 2004

HOT NEWS!

Yoga Nidra & Meditation CDs with Swami Pragyamurti

A set of yoga nidra & meditation CDs, newly recorded by Swami Pragyamurti, is scheduled for release in September 2004. The set will include a range of yoga nidras, hridayakasha dharana (meditation on the heartspace), chaturtha pranayama and an introduction to prana nidra.

Keep an eye on the website or Centre noticeboard for news of this CD release!

Memories from Mallorca

What memories stand out for you most from the programme with Swamiji?

The main messages of the programme are beautiful, the more I reflect on them. The principal one is extending yoga out of the classroom; if you're going to be aware of your postures and breath in the yoga class, you should extend that awareness outside, going beyond your regular asana and pranayama class. For example, we did a workshop with a walking meditation, something which doesn't happen in a regular class, but which develops a way to walk with awareness or to sit and wait for the bus with awareness. There was a strong feeling that we have to include the environment and the people and the city and the creatures and nature, we have to *realise* the word Yoga, the oneness, the unity that links us all.

Swamiji therefore talked about going through the mind, being aware of the thought process but also being aware of emotions and feelings as something different, not thinking about it but *feeling* it, and using that as a stepping stone to learning and connecting with others. He asked us to do something specifically for the world, to sit in the evening with a candle burning, to make a connection with the flame through anahata chakra, to visualise the flame spreading its light far and wide, and then to chant one round of shanti path, remembering that the first verse is the invocation for ourselves, for light and understanding and freedom - the second verse is wishing for and sending out thoughts of fullness and peace for other sentient beings, happiness for the whole world - the last verse is the *maha mrityunjaya* for health and healing for all the suffering in the world.

It was wonderful to make that connection from Swami Sivananda's instruction to light one little candle; that one little candle by itself does not shed much light, but if we all light our little candles there will be a lot of light. This was practically illustrated on the Saturday night when we had an incredible *havan* [fire ceremony] on the beach. The day before, Swamiji had asked us all to bring a candle so at a given point during the fire ceremony we all lit our candles – with some nine hundred candles it was a perfect illustration of this light spreading, a very powerful image. When it was finished some stayed behind to watch the dying embers of the fire, others walking back along the curve of the beach in the darkness. The sea was there like a limpid pool, still and shimmering, and you could see a trail of people walking back to the village, all of them still holding their candles. That was a real high point of the programme.

Swamiji also talked about connecting into anahata chakra and its caring aspect. He said how initially we have to master to some extent Patanjali's eight fold path from the Yoga Sutras, a basic training of ourselves, but then move on to Swami Sivananda's eightfold path: *Serve – Love – Give – Purify – Meditate – Realise – Be good – Do good*. This is what we should be engaged in now.

In particular he talked about the first three of these, about building and sustaining bridges, gradually expanding one's awareness and becoming more expansive, more connected. It was fitting that he did it at this time because I and many others felt we'd already been thinking along these lines, thinking we're doing all these practices to nurture and nourish ourselves, but having made some progress along that path, we have to extend it out to others.

Do you feel that yoga as practised in the West can seem quite selfish?

Yes, I think so. A lot of students don't see their early years of yoga as a preparation for something much greater, participating in a way of helping others, and working with the Divine, in whatever way you are guided to do that. Some do yoga to cultivate the body or to gain psychic powers for themselves. Many are missing the point and unless you are fortunate enough to be connected to truly enlightened beings or to the wealth of this ancient yogic lineage we have, you don't get that connection coming through into your yoga classes.

We are so fortunate in our tradition with Swami Sivananda, Swami Satyananda and Swami Niranjanananda, each with their role, each interconnected, and we are connected to these extraordinary people.

Do you have a final message you'd like to share from this event?

Well, a recurring message was the developing of joy and contentment. Swamiji specifically mentioned *santosha* [inner contentment] from the Yamas & Niyamas in Patanjali's Yoga Sutras, letting go of the criticising, qualifying, manipulating mind and experiencing contentment in the moment. We are so lucky to follow a tradition with *santosha* as one of its "ten commandments".

There were many initiations, mantra diksha, quite a few jigyasu and karma sannyas too, all done with great simplicity and grace. And as usual we had a rocking good kirtan at the end of it all, with Swamiji on the drums, lifting it higher and higher but never out of control. That was a highlight of this joyful and memorable event!

**Swami Pragyamurti in conversation with Nadarupa
(after the programme in Mallorca with Swami Niranjanananda)**

When a thought subsides, you experience a discontinuity in the mental stream, a gap of "no mind". At first, the gaps will be short, a few seconds perhaps, but gradually they will become longer. When these gaps occur, you feel a certain stillness and peace inside you. This is the beginning of your natural state of felt oneness with Being, which is usually obscured by the mind. With practice, the sense of stillness and peace will deepen. In fact, there is no end to its depth. You will also feel a subtle emanation of joy arising from deep within: the joy of Being.

Eckhart Tolle / The Power of Now