

High on Waves

*I asked my Guru for strength that I may achieve
I was made weak that I might learn humbly to obey*

*I asked for health that I might do great things
I was given sorrow and infirmity that I might do better things*

*I asked for riches that I might be happy
I was given poverty that I might be wise*

*I asked for power that I might have the praise of men
I was given weakness that I might feel the need of God*

*I asked for all things that I might enjoy life
I was given life that I might enjoy all things*

*I got nothing that I asked for but everything I had hoped for
Among men I am the most richly blessed*

**Swami Niranjanananda Saraswati
Guru Purnima 1997**



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

Tel: 0181 673 4869
Fax: 0181 675 4080

<http://www.sangha.demon.co.uk/yoga.htm>

Acknowledgement: The front cover of this newsletter is a drawing of Ganesh (Ganapati), taken from *Loving Ganesa - Hinduism's endearing elephant-faced god / Satguru Sivaya Subramuniyaswami*, ©1996 Himalayan Academy India/USA, ISBN 0-945497-64-4.

Satyananda Yoga Centre

London Newsletter

Spring/Summer 1998



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Editorial

As you may know, SYC operates thanks to the inspiration and guidance of Paramahansa Satyananda and his successor, Swami Niranjana. As well as holding excellent classes and seminars, we also extend a warm welcome to all their disciples and to other yoga seekers.

For many of us, the presence of our Guru is a constant inner experience, but we also need each other, joined as we are in love and a common goal. The relationship with the Guru is celebrated each year on the seventh full moon of the year, which this year falls on Thursday 9th July – make a note of it! As usual, we shall have an all day programme, starting with an early morning meditation and culminating in a feast and joyful kirtan in the evening, details of which will be posted at the Centre nearer the time. We shall be looking for help in the kitchen, as, very sadly, our French chef of the past two years, Pascal, died on 7th March – he was a unique character and will be much missed.

In the past six months we have held several successful in-service training days for our yoga teachers, in addition to various other well-attended seminars. It is vitally important for teachers to attend some of these and we look forward to seeing all of you in the course of the year. We will be arranging more such days in the autumn, so if you have any suggestions for topics to be covered, please let us know. Also, we would like to remind teachers and other fairly experienced students about Dr Swami Shankardevananda's wonderful programme in July – not to be missed and limited places only!

Weekly classes continue at various levels and there are a few vacancies on Wednesday evening and Thursday morning & evening, where attendances have recently dropped.

Back in November and December many of our members went to India to attend the Sita Kalyanam, organised by Swamiji at Rikhia, and to visit the Ashram at Munger. By all accounts, including the one published here, it was an extraordinary experience. Details of this year's visit will be available later in the summer, but for sure some of us will be going.

Swami Pragyamurti

Swami Pragyamurti's Programmes Outside London

- 3-5 April British Wheel of Yoga, Annual Congress.
- 1-4 May Satyanandashram, Aube, France
- 16 May In-service training day for BWY teachers in North London (contact John Tsangalakis 0181 886 3273)
- 6-7 June Centre de Yoga Satyananda, near Toulon, South of France
- 13-14 June Cognac, France

Essential New Publications available from SYC

Asana, Pranayama, Mudra & Bandha

An enlarged and revised edition of our basic text (£15)

Prana, Pranayama & Prana Vidya

The most comprehensive book on the subject (£10)

Bhakti Yoga Sagar - Satsangs with Paramahansa Satyananda

The second volume is now in stock.. An amazing collection! (£15)

Festival of Yoga

Swamiji's lectures from the French ashram in May 1997. (£7)

Magazines

Yoga Magazine, published by the Bihar School of Yoga, Munger, India, is still available from the Centre. If you would like to subscribe, please send an SAE for further details.

A twice-yearly **News Sheet for the International Yoga Fellowship Movement UK & Eire** needs your support and interest. We have copies here for your perusal, and you can contact Satyaprakash for subscription details (38 Gaddesby Road, Kings Heath, Birmingham B14 7EX).

Day & Weekend Programmes at SYC London

Tuesday 7 April	Shankhaprakshalana
Saturday 18 April	The Chakras (part 2) with Nirmal
Sunday 10 May (10am - 5pm)	Yoga of Sound, including healing through sound, with Katinka Haycraft
Saturday 23 May	A day of yoga for first year students with Swami Pragyamurti
Saturday 20 June (10am - 5pm)	Yoga and the voice (including chanting & chakra awareness) with Richard Roberts
Saturday 27 June	Using the Tattwas in teaching. In-service training day for yoga teachers with Swami Vedantananda
Weekend 4-5 July	Prana Vidya (part 2). Residential weekend with Swami Pragyamurti
Thursday 9 July	GURU POORNIMA - everyone welcome!

Day programmes are 9.00am-5.00pm, residential weekends start at 9.00am on Saturday and finish around 1.00pm on Sunday unless stated otherwise.

Cost: £45 per weekend, £20 per day. Please send £5 deposit with your reservation, and bring vegetarian food to share on day programmes.

Teacher Training Course starting in 1999

Swami Vedantananda is planning a Yoga Teacher Training Course to start in 1999. It will last two years and diploma holders will be recognised by the British Wheel of Yoga and various European organisation.

For further information you can write to her at 23 Lamberhurst Walk, Furnace Green, Crawley, West Sussex RH10 6SN, or send an email to 113412.3355@compuserve.com. Swami Vedantananda is away teaching in Australia until June.

A Visit to Rikhia - Meeting Paramahamsaji Again

The day starts auspiciously. At five o'clock in the morning we are walking in semi-darkness through the silent streets of Deoghar. The town is still asleep. Before setting off to Rikhia to see Paramahamsaji we are visiting Baba Baidyanath, one of the very special places of India. It is one of twelve temples where Shiva is worshipped in the form of a jyotir lingam, a crystal oval shaped stone, symbol of higher consciousness. We take off our shoes and enter the grounds of the temple. A strong, timeless, yet ancient feeling is in the air. We are given clay pots with water, bilwal leaves and flowers, and we enter the temple building where we chant Maha Mrityunjaya Mantra and make our offerings.

Soon we are zooming through the green fields of Rikhia, dhotis flapping. Every few moments we see a group of children calling *Namo Narayan* in very happy, sweet pure voices. *Namo Narayan* we call back.

And now we are entering the Akhara. The air is filled with joyful expectation and people are smiling but everyone is quiet. I sit on a mat close to the path where he will walk to a wooden chawki (bed) and sit to give satsang.

I know I cannot even touch his feet, but just to be in his presence again is enough. And here he is, different in appearance but still the same. To me he is always different, yet always the same. I can't tell you now what he was wearing that morning. How can I remember the clothes when all I saw was the resplendent sun walking past me? The brightness and splendour is what I remember most.

He is so human, yet he is also Divine. His eyes, his presence, the way he walks, his voice and belly laughter when he gives satsang. He is as wonderful and as outrageous as ever!

But I cannot describe him, I could never do him justice. There are so many qualities in him, so much love, so much wisdom, so much joy – maybe a poet-saint could attempt to describe this divinity in human form.

All I know is that he is always with me, whether I am happy or sad. He is always with me and that is how I want it to be. Always.

Nirmal

Weekly Classes at the London Centre

Monday	7.30-9.00pm	Beginners	Swami Pragyamurti
	7.30-9.00pm	Second Year	Jyoti Mani
Tuesday	7.30-9.00pm	Advanced	Swami Pragyamurti
	7.30-9.00pm	Intermediate	Gyananjan
Wednesday	6.00-7.30pm	Beginners	Indradeva
	7.30-9.00pm	Advanced	Swami Pragyamurti
	7.30-9.00pm	First year	Indradeva
Thursday	9.45-11.15am	General	Indradeva
	7.30-9.00pm	Intermediate	Swami Pragyamurti
	7.30-9.00pm	Second Year	Katinka
Friday	1.30-3.00pm	Intermediate	Swami Pragyamurti

Cost of classes: £4

Kirtan will be held at 7:30pm on the last Friday of each month, preceded by the chanting of Maha Mrityunjaya Mantra for the relief of suffering.

Kirtan - Friday Night Fun at Thurleigh Road

“Kirtan melts the heart, fills the mind with purity and generates harmony and divine love”

Bhakti Yoga by Swami Sivananda

In the spirit of “less is more”, the regular Kirtan schedule at SYC London has undergone a springtime overhaul. From 1st April, the weekly sessions will be transformed into a monthly gathering.

This shift of gear had been proposed on a trial basis by regular kirtanists, and the idea is to focus kirtan fun on the last Friday of the month. The kirtan will immediately follow the chanting of Maha Mrityunjaya Mantra for the relief of suffering and the welfare of all.

The new timetable will mean that keen kirtanists can all join forces for a well-attended upbeat evening. Heartwarming musical delights will start at

7:30pm and will of course be hotly pursued by a grand finale which takes the form of widescale consumption of the fabled “Thurleigh brew” accompanied by sweet delicacies (bring your favourite treats to share).

Kirtan is good stuff. In his commentary on the *Srimad Bhagavata* Swami Satyananda says:

*For those whose mind is always restless
and desires to indulge in sensory enjoyments
The singing of the wonderful stories of the Lord
Is like a ship to cross the ocean of the world*

Don't miss the boat! See you on the last Friday of the month.

Uma

Yoga Therapy and Ayurveda (25-31 July 1998)

Conducted by Dr Swami Shankardevananda Saraswati

Following his immensely successful & popular programme in London in May last year, Dr Swami Shankardevananda has kindly agreed to conduct a 6-day residential programme. In addition to the teachings on Yoga Therapy and Ayurveda, there will be classes in asana, yoga nidra, meditation and time for personal sadhana. He will be assisted by Swami Vedantananda and Satyaprakash.

Dr Shankardevananda is an experienced medical practitioner and researcher working at the Sydney Yoga Therapy, Research & Education Centre in Australia. He has authored many of the Bihar School of Yoga Health Management books, under the guidance of his Guru, Paramahansa Satyananda.

Places are limited and the course is filling up already, so early booking is recommended.

(Details from SYC London or Birmingham)