
News from Australia

Hari Om all! I've spent three months at the Rocklyn Ashram in the countryside near Melbourne and have enjoyed being in one place for a change. One month in India was very hard for me, but despite the physical trials I'm glad that I went to see the two Swamijis - wonderful! But now I'm busy packing up everything ready to head off to Tasmania for a fortnight's walking holiday and three days of workshopping. The whole year is packed with offers of workshops all the way up to Cooktown (North Queensland) and back to Victoria again next November. So I have a new campervan to live in along the way - very posh with stove, fridge & air conditioning, *and* I manage to follow the sun too.

The bush fires haven't affected us here except for very red sunrises and a smoky haze everywhere. We chant for the forests and wildlife and for those who have lost family and homes. Well that's it from Aus - stay inspired, love to everyone.

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The front cover is an illustration of the yantra for mooladhara chakra, where *Brahma Granthi* (the psychic knot of Brahma) is located:

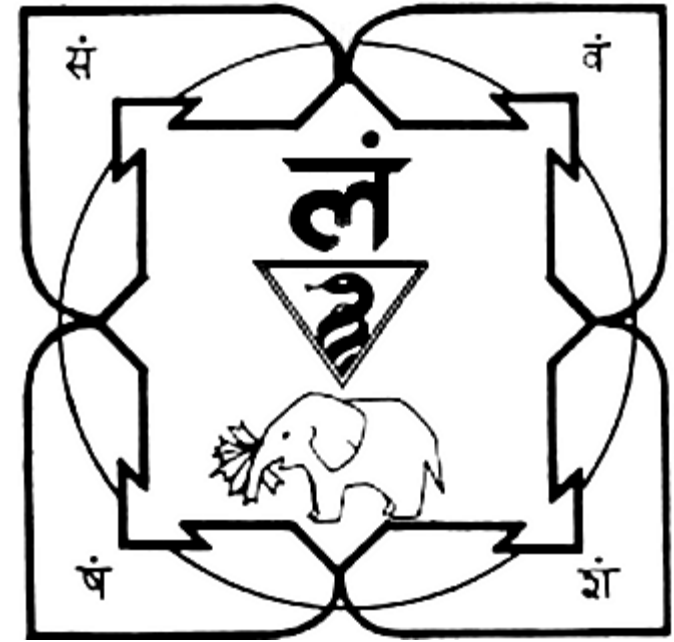
"As long as this knot remains intact, the energy located in this area is blocked. But the moment the knot is opened, shakti awakens. It is only when the individual awakens to the possibility of divine consciousness, to a greater force and purpose than that of instinctive animal life, that the Brahma Granthi begins to loosen. Consciousness begins to be liberated from the root centre as the individual's aspiration awakens."

Swami Satyananda Saraswati (Kundalini Tantra)

Satyananda Yoga Centre

London Newsletter

Spring/Summer 2003



मूलाधार चक्र

Editorial

Hari Om. This year sees some exciting developments in the expansion of activities in and around the London Centre. A short training course in Yoga Nidra is already in full swing with no fewer than twenty-four students taking part, coming from many other traditions including Iyengar, Sivananda and the British Wheel of Yoga. Several are working in specific areas such as special needs, pregnancy and the elderly. It is especially gratifying to know that the word of Satyananda Yoga is inspiring others to want to learn and teach 'our' practices.

Swami Vedantananda's TTC will be finishing later this year with a month's stay at the Ashram in Bihar, and another TTC starts at the London Centre in September with twelve more students preparing to spread the Yogic word from door to door and shore to shore. Some more good news - Atmatattwa and Achyutananda will be back in the UK from March, contributing their considerable energies here for the foreseeable future.

Further afield in India it has been announced that Rikhiadham will be more like an Ashram this year, with many purely spiritual events including diksha, satsang and spiritual guidance from Swami Niranjanananda. Full details are available from the London Centre.

Finally, a reminder to grab your diaries, write in the dates for the many weekend events we're holding here, and book yourself on some if not all of them. Where else could you find such a feast of Yoga days and weekends? Om Tat Sat.

Swami Pragyamurti

Satyananda Seminar in Mallorca, 30 April to 3 May 2003

The Satyananda Yoga Association of Mallorca is hosting a European Yoga Seminar from 30 April to 3 May 2003. Swamiji has given the overall theme as *Yoga Life*.

Rishi Vivekananda and Swami Satyadhama, both appointed ambassadors from Bihar Yoga Bharati University (India), will be with us, along with many of the finest European teachers and sannyasins who have made yoga their way of life.

The venue is a comfortable hotel, beautifully situated on the quiet northeastern beach of Cala Mesquida and provides the perfect opportunity for everyone to completely relax and recharge.

Booking forms will be available from the London Centre or can be downloaded from the website: www.yoga.freeuk.com/mallorca retreat.htm

Swami Pragyamurti Around and About

8/9 March	Pranayama (ISTD) Padmasambhava, Wales (01558 823842)
22/23 March	Nantes, France.
12/13 April	Grampian Yoga Association, Aberdeen. Contact: Chris Benton (01224 326 324)
17/18 May	Rennes, France.
5/6 July	Introduction to Swara Yoga Grantley Hall, Ripon, Yorkshire. Contact: Lesley (01642 272 637)

Yoga Events with Swami Vedantananda

Yoga Days in Horley, Surrey

Friday 28 March	Introduction to Swara Yoga - Part 1
Saturday 5 April	Bringing the Upanishads to Life (ISTD for teachers)
Friday 30 May	Introduction to Swara Yoga - Part 2

Yoga for Children (BWY Training Module)

This course comprises 5 one-day seminars held over a 6 month period, for qualified Yoga teachers. Course dates are 6 March, 3 April, 8 May, 19 June & 17 July 2004 in Horley, Surrey.

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

Yoga Magazine & IYFM News Sheet

Yoga Magazine, published by the Bihar School of Yoga, is available from the London Centre. If you would like to subscribe, please send an SAE for further details, or you can download an application form from www.yogamag.net - this excellent website includes latest BSY news and a searchable archive of back issues.

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).

Sita Kalyanam

Sita Kalyanam is taking place in Deoghar (Rikhiadam), 24-28 November 2003. These dates include arrival and departure days.

Hari Om Tat Sat! What's That?

Hari Om. When I first started coming to classes at the Centre, I began to hear these strange sounding words quite a lot. When people arrived, they would say *Hari Om.* When people left they would say *Hari Om.* And sometimes in between arriving and leaving – *Hari Om.*

‘Very strange, if not a little weird’, I thought to myself. However, being the trusting, accepting, not-questioning-as-much-as-I-could person that I am, I simply listened, and after a while started to join in. It felt strange and not a little weird at first, but I was soon *Hari Om*-ing along with everyone else.

I knew that the phrase had some spiritual connection – that was enough for me. It never felt necessary to ask what it literally meant. Recently however, as part of my yoga teacher training, I have found out the meaning. Also I recently received a letter addressed to ‘Hari Om Krishnadhyanam’. Living at the Centre I often reply to letters which are asking for information or book orders and I usually finish my reply by writing ‘Hari Om’ before I sign off. Someone had read this and not surprisingly, assuming that was my name, had replied ‘Dear Hari Om...’

So maybe it's time to explain:

HARI refers to ‘this reality’ – the world we can see, touch, hear, feel & taste – the ‘down-to-earth’ manifest reality of this world and our being here. *Hari* is also another name for Vishnu, the Preserver of the World, who manifests in human form for the benefit of humankind.

OM, or **AUM** as it is sometimes written, takes us from the physical to the transcendental aspect of our being, unmanifest reality. There is no translation of **AUM** but it can be said to represent the threefold experience of our existence. **A** represents the physical plane, **U** represents the mental and astral plane, and **M** represents the deep sleep state and everything beyond the range of the intellect.

So by saying *Hari Om* we are acknowledging all these realities in ourselves, in others, in our surroundings and in the world. It's a nice way of saying ‘hello’ and ‘goodbye’, an acknowledgement that we are both human and divine at the same time and a simple reminder of who, where and what we are.

And what about the end of a Yoga class when we often hear *Hari Om Tat Sat* ? Well, *Tat* means That, *Sat* means Truth. Put them together and you get *Hari Om Tat Sat*. So now you know.

Hari Om Tat Sat!

Krishnadhyanam
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A Homecoming - My Pilgrimage to Rikhia and Munger

I haven't been to Rikhia for nine years, but when I arrive it is as though I never left. The only thing that reminds me of my lengthy absence is the number of new buildings which have sprouted up everywhere. From being a sleepy Bihari village, Rikhia has become a vast complex, the Akhara, a powerhouse of spiritual energy.

Both Swami Niranjan and Swami Satsangi are extremely busy but still emanate an air of having all the time in the world. It seems that such is the nature of life; time is short (from the point of view of the personality), and yet we have all the time in the world (from the perspective of Eternity and the Atma, which is beyond Time).

On 5th December, the *Sat Chandi Maha Yagya* (Great Spiritual Sacrifice to the Goddess) is inaugurated and continues with five days of giving, sharing and receiving. The *Pujaris* (people who carry out this type of Yagya) are specialists from Varanasi and this soon becomes evident in everything they do. The mantras flow and charge the atmosphere of Rikhia and, no doubt, beyond. Then there is *Kumari Puja*, the worship of the 108 Kumaris (young girls). This is a Tantric practice which acknowledges that Shakti (the creative intelligence of the universe) expresses Itself in everything and everyone. The young girls have the potential to create new life, just as the Primordial Shakti (Cosmic Goddess) has the infinite potential to create the multifarious beings and things of the cosmos.

An important part of the Yagya is the giving of presents, and over the next five days each visitor and all the people from the surrounding villages receive gifts. It seems as though we have access to the mythical *Kalpa Vriksha* (the wish-fulfilling tree), which satisfies everyone's desires without ever being depleted. The whole process is flawlessly orchestrated by Swami Niranjan with grace and efficiency. Behind the scenes, the enormous organisation is managed perfectly by Swami Satsangi with her super energised and motivated team.

Increasingly, everyone wonders when Paramahamsaji will come. Finally, to everyone's relief, he arrives on the last day and stays for six hours – talking, joking, presenting gifts and giving Satsang. I haven't seen him since my last visit and so it is with pleasure that, after a nod from Swami Niranjan, I touch his feet.

My stay has been very constructive and joyful, so much so that I decide to bring a group the following year. May we meet again at Rikhia in 2003, and when this play of life is finished may we meet where there is no separation – in our real home, the Infinite Being.

Swami Nischalananda
Director of Mandala Ashram (Wales)

[This is abridged from a longer article - the full version is available on the website]