
Japa Anusthan...there's no escape!

The practice of Japa Anusthan (constant repetition of mantra over a period of time) can be fascinating, cathartic, frustrating, liberating. It is a wonderful opportunity to observe your thoughts, emotions and reactions. At the London Centre we have a day of Japa Anusthan on 10 June when you can practise in a safe, quiet and yogic environment. Should the day all get a bit much for you, here are ten top tips from Helga on how to get out of it or break the rules, based on her experience on last year's Teacher Training Course final month in Eire.

- Ring the doorbell
- Set the fire alarm off - frequently
- Strap Rusty the dog behind a tree in the woods and leave a note such as '*Rusty has escaped*'. Use the disruption to make toast or have a shower
- Disappear through the hatch door on the upstairs ceiling
- Jump over the wall behind the outdoor loos and go for a walk in the fields
- Get into the bedroom through the window (ensure you leave the window open a fraction in the morning)
- Have a ginger biscuit from the sink cupboard. If caught, pretend to wipe up water spillage
- Get the bike from the shed and cycle to Athenry for a three course meal
- Jump start Sangita's car and set off
- Build your clothes and other stuff into a meditating figure. Place on the treehouse platform and plan your escape.



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Front Cover
Lord Siva ~ OM NAMAH SHIVAYA

Satyananda Yoga Centre

London Newsletter

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ॐ नमः शिवाय

Editorial

Hari Om. Yoga is a deeply practical and spiritual science, so it can be disappointing to notice how our attendance at class and personal practice can lose sight of this, becoming just another ‘thing that we do’. Frequently people say that they haven’t done any practice because they have been under-the-weather, had a bad back, felt too stressed and so on, completely forgetting that they have most of the answers to these difficulties in a toolkit called ‘useful yoga techniques’. In your heart you know you will feel better if you come to class, but somehow you forget that you have the key to make the changes; you have a choice. Yoga is a science through which we can re-educate the whole body, mind and energy system, and through which we can nurture ourselves at all levels because we deserve it (and maybe because nobody else will). Like all living things, we bloom more beautifully with the appropriate loving care.

Crucially in these troubled times, we can become more effective, helpful and generous people. Yoga gives us the insight and the courage to actively engage in doing something constructive for the Earth, our home, and for the huge human family which is our own. Like any family, some members are hard to like, their behaviour may leave a lot to be desired, but by entering into the stillness, here, now, we can encourage the great gift of unconditional love.

Let’s take the lessons we learn in class into the rest of our life. Standing on one leg may not be of much use on one level, but developing balance in thinking and feeling will serve us well, in good times and bad. Slowing down the breath is better for us than Prozac and sleeping pills. Remember that when we bring together the body, breath and awareness, even the simplest little asana or pranayama works on a very deep energy level. And which two words do we hear the most during our classes? ...*BE AWARE!*

Swami Pragyamurti

Swami Pragyamurti Around & About

7-9 April	Keynote speaker at BWY Congress, Hatfield.
17-24 April	Australia (more at www.tinyurl.com/eedey)
6-7 May	Rennes, France
26-28 May	Slovenia (more at www.yogadiary.co.uk link to Slovenia)
3-4 June	Cognac, France
21-26 July	Bija Yoga (more at www.yogadiary.co.uk link to France)
23-24 September	The Tattwas. Programme at Sneaton Hall, Yorks. (more at www.yogadiary.co.uk)

Yoga Nidra & Meditation CDs recorded by Swami Pragyamurti

This collection of CDs comprises four completely new CDs and two CDs remastered from cassette tapes. They offer a wide range of yoga nidra and meditation practices for home use for both teachers and students.

Volume 1 :: Deep Relaxation (Shavasana) & Yoga Nidra (recorded 2004)

Volume 2 :: Yoga Nidra (recorded 2004)

Volume 3 :: Yoga Nidra (digital remaster of cassette tape, ‘Yoga Nidra 2’)

Volume 4 :: Yoga Nidra & Antar Mouna (digital remaster of cassette tape, *idem*)

Volume 5 :: Hridayakasha Dharana – Heartspace Meditations (recorded 2004)

Volume 6 :: Chaturtha Pranayama & Introduction to Prana Nidra (recorded 2004)

To Order :: from our website (credit/debit card online secure payments)

You can order from our website at www.syclondon.com/cd, payments are managed by PayPal™ on a secure server.

To Order :: from the London Centre (cheque)

You can buy the CDs at the London Centre, or download and complete an order form from www.syclondon.com/cd

Cost is £10 per CD or £50 for the complete set of 6 CDs, plus 15% p&p (UK mainland). Please ask at the London Centre for pricing on large orders.

Meditations recorded by Paramahansa Satyananda Saraswati

These meditations on the breath and on chidakasha were recorded live in Belfast in 1971 during Swamiji's visit there. The original soundtrack has been transferred to CD from cassette tape and digitally remastered. There is some background noise of traffic and birdsong, but this does not detract from the impact of this memorable and historic recording.

Available from the London Centre or at www.syclondon.com/cd, cost is £10 plus 15% p&p (UK mainland).

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 events for Satyananda Yoga. Please contact Lalitambika for subscription details:
3 New Buildings, Shore Road, Bosham, West Sussex PO18 8JD
Tel: 01243 572 245 Email: ly@supanet.com

Yoga Magazine is published by Sivananda Math. Subscription forms are available by sending an SAE to the London Centre, or visit www.yogamag.net

Kirtan & Nada Yoga

Kirtan (Devotional Chanting)

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

Nada Yoga (Yoga of Sound) with Krishnadhyanam

Nada Yoga classes will be held on Fridays 14 & 21 April at 7.30pm, cost £7.

Nirvanavan Foundation Update

The Nirvanavan Foundation now has a UK website at www.nirvanavan.org.uk which includes news, articles and details on how you can make a donation. All donations are welcomed, small or large, regular or one off.

A very specific way you can help is to adopt a school. The Foundation has ten schools in Alwar, Rajasthan. The Indian Government has agreed to pay the salaries of the teachers, good news as the Foundation (after building the school) only has to fund the running costs.

Each school costs Rs.3000 per month. This provides all the materials for the teacher and children (chalk, paper, writing materials) and basic school equipment (mats, chairs, blackboards). Rs.3000 is about £40. By committing to pay a certain amount each month you can help guarantee that the children have the necessary ‘tools to learn’.

Please make a regular contribution (minimum of £5 per month). You will receive information about ‘your’ school – a photograph & regular news about activities.

Who knows, one day you may even visit. Or, if you prefer, you can make a regular contribution which will be used in a more general way.

That website address again is www.nirvanavan.org.uk – donate today and make a real difference. We even accept credit cards on the website!

Krishnadhyanam

Nada Yoga & Bhajan CDs with Krishnadhyanam

Blessed Self (Audio CD)

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 (Audio CD)

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 from the London Centre.

Cost is £10 per CD plus 15% p&p (UK mainland).

Swami Niranjan in Europe 2006

Swami Niranjan’s European dates are listed at www.yogadiary.co.uk along with links to the websites for each event. Please book well in advance as all these events are likely to sell out early!

ITALY

19-21 May

Development of the Life Potential Through Yoga

Speakers include:

Rishi Vivekananda ~ *Managing the Stresses of Life Through Yoga*

Rishi Hridayananda ~ *Yoga, a Way to Live and Love Life*

Swami Sivamurti ~ *The Development of Personality and Emotional Intelligence through the SWAN principle*

SLOVENIA

26-28 May

Yoga, Awakening of Inner Potential

Programme to include:

- Balancing of pancha tattwas
- Energising & revitalising our body-energy-mind system
- Balancing and stabilising our prithvi and akasha

GERMANY

30 May - 1 June

Living Yoga ~ Bridge between individual and social responsibility

FRANCE

21-26 July

Find the Meaning of your Life through Yoga

Speakers include Dr Rishi Vivekananda, Swami

Nishchalananda, Swami Pragyamurti & Swami Yogabhakti.

Guru Purnima on 11 July 2006

Come and celebrate with us for all or part of this joyful day from early till late. The programme will include chanting of *Guru Gita*, mala making, decorating the house and garden, a yoga class, meditations, late afternoon feast and a roof-raising *Maha Kirtan* to finish the day. All welcome, donations appreciated.

Sat Chandi Mahayajna & Sita Kalyanam 2006

Dates for *Sat Chandi Mahayajna & Sita Kalyanam* are 21-25 November 2006 in Rikhia, India. If you are planning to attend, please contact your local Satyananda Yoga Centre for possible travel companions.

About Sita Kalyanam: www.yogavision.net/sk/about.htm

Local Accommodation: www.yogavision.net/sk/accom.htm

Travel arrangements: www.yogavision.net/sk/travel.htm

India Travel: www.syclondon.com/indiaplan.htm

A Letter from India

Mid-February 2006: I am fine, though feeling disillusioned with the singing teacher I found; like many Indians in tourist places he seems to be more interested in taking money from me than in anything else. In most of my interactions with people I ignore the signs which are warning me of this and don't act on them till I am well and truly caught in the web and then find it difficult to extract myself, whether the situation is a chance encounter with a beggar on the street or a longer term relationship spread over weeks or months. I suppose it's inevitable, being a 'rich' westerner in a place where people earn so little, that my money is a big attraction. It makes me realise how having a lot of money can be a big handicap in making relationships. I am trusting people less and less, which I feel sad about.

I have been wondering also about why I should be so attracted by India, where the family is such a strong unit, given that I have spent most of my life avoiding such a thing. There's the whole spiritual scene of course, yoga & meditation, which brought me here in the first place. But hand in hand with that goes the other reality of being in India. In this reality the average person is too busy, too crowded, too involved in the harsh reality of having to earn enough money to live to have any time for the luxury of yoga and meditation. It is not surprising that it has been traditional that in order to follow a spiritual life one needs to give up the material world and go to live in an ashram. There is no space in the clamour of trying to be heard within the family home. People start shouting at each other when they get up in the morning and don't stop till they go to sleep at night; they call it talking! This is a generalisation of course, but true enough.

I asked an Indian friend why people seem to be shouting at each other all the time and he explained that there are so many people in the family that if you don't shout you don't get heard. And this time around I seem to have got involved with this whole other aspect of being here. Not necessarily shouting, as I don't speak the language, but certainly being in the middle of it all. I have spent a lot of time with an Indian family, going to the parents' respective home villages, sleeping on the ground in the same room which acts as kitchen, living room dining area and bedroom, surrounded by at the very least three and up to a dozen at a time, both during the night and day, allowing myself to feel very enclosed and accepted; there have been moments when this has felt very healing and affirming. However, along with this positive feeling, I can feel almost suffocated by the restrictions and the limitations involved. Living in such a close-knit, supportive environment brings with it the social pressure of having to conform, not my best trait! Personal space does not exist. I am considered very weird if I say that I want to be on my own and eventually give way after a few minutes when I realise how uncomfortable this makes everybody feel.

We are in the marriage season at the moment. Indian weddings can be very public, boisterous, noisy affairs which may involve hundreds of guests and the celebrations and ceremonies last for days, ranging from meetings with the two families to barter over the dowry which the bride's father has to pay ("*No, I think we want two more colour televisions and a fan heater as well*") to the groom, looking very splendid like a dressed peacock, riding on a white horse to the bride's house accompanied by much dancing and loud brass bands, to claim his bride, plus of course the actual ceremony and celebrations involved.

It is traditional that the bride goes to live with her husband's family so there is also much weeping from her family that she is leaving home. In fact custom demands that she looks suitably sad all through the celebrations as it would be considered improper for her to look happy when she is leaving her home. This is not surprising also considering that she may only just have set eyes on the man with whom she is going to live for the rest of her life.

When I first saw these marriages taking place I saw only the glittering, colourful spectacle, the raucous noise, the dancing in the streets, and was duly impressed. Now I see the terrifying social pressure of it all and how little choice there can be. It is a great social stigma to have a son or daughter who is adult and not married. And if a LOT of money has not been spent on the wedding that also is a great social failure and is always remembered by the rest of the vast family. Consequently people get into tremendous debt, most of which is born by the bride's family. There is an Indian curse which says '*may you be blessed with many daughters*', thus having great financial commitments.

So why am I here? Maybe my being here can only be truly complete by experiencing both these aspects of this amazing country. Maybe they could not exist without each other. They also help me to appreciate the tremendous contribution which Swami Satyananda has made to the spreading of yoga when he made it more possible for householders to follow a spiritual life. Jigyasu and Karma Sannyas were specifically developed in order that people could continue their normal everyday life and also make a commitment to a more spiritual way of living. It's not easy anywhere of course but here in India it's so much more difficult to find personal time and space, unless you're a rich westerner on holiday.

At least I have my hotel room and I don't have to work day and night to feed my family.

Jaya Ganesha
Hari Om Tat Sat
Krishnadhyanam