
Sayings of a Paramahansa

The cleaning of the body is necessary in order to experience harmony and balance inside.

Cleansing the body will directly affect how we experience the mind.

If our internal body is unclean then we will also feel a certain disharmony in the mind.

From: Paramahansa Swami Niranjanananda, Yoga Mag, May 1994



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

Tel: 020 8673 4869 ॐ Fax: 020 8675 4080

Monday-Friday, 9am-7pm

www.syclondon.com

enquiries@syclondon.com

Satyananda Yoga Centre

London Newsletter

Spring/Summer 2009



Front Cover: by Michael Hartley, aged 15
(Shantipriya's nephew)

Many of the signs of Spring have been emerging over the last month or so, with primroses and daffodils coming into flower and trees starting to bud. But how many of us truly stop to take time to absorb the wonders of nature, particularly with the external pressures and phenomenon of living in a large metropolitan City like London which can lead to mental and physical tensions. Spring is a time that can remind us of our potential for growth, connection and harmony with our outer as well as our inner environment. We are blessed in Satyananda Yoga to have many wonderful practices to support us with our internal growth which can help us to live in harmony with our external environment and the hussle and bustle of City life. The Yogic Capsules introduced by Swami Niranjanananda a few years ago are a perfect antidote to the physical and mental strain of City living and can be integrated throughout the day. In this way we can express yoga not just on the yoga mat but start to integrate it with our attitudes and awareness and encourage greater participation in the world and not live in isolation. A summary of the capsules can be found further on in the newsletter.

Many of us spring clean our homes, our external environments, at this time of year. Yoga also provides us with many special practices for our internal cleansing. Hatha Yoga Shatkarmas, when done as a sadhana and with conscious awareness, can help us to purify the physical, pranic and mental bodies. Amongst these incredible practices is Shankhaprakshalana, a wonderful practice which can help us make a smooth transition from Winter to Spring. For more details about this practice see the articles and dates of the next practice on pages 5-7 of this newsletter.

Most of you will know that Swami Niranjanananda's visit to the UK is only a few months away, the main programme will be a residential retreat in North Yorkshire from 16-19 July and a day programme in London on 24 July. The focus of the London event will be on giving guidance and inspiration of living in the City of London, with the chanting of powerful mantras and sacred fire ceremony, presided over by Swamiji, to help to energetically cleanse and revive the City of London and its' people.

There has been a flourish of activity by many Karma Yogis preparing for Swamiji's visit and we now need many more volunteers to help out. Please see page 8 for more details. We are getting a steady influx of bookings so to make sure you don't miss out on this unique opportunity, please get your booking application forms in **NOW** as places are likely to be all booked up by the end May 2009. There is a booking form enclosed and more details can be found on the website, see advert in the middle pages for the web address.

Big Shakti www.bigshakti.com is launching a brand new website in April 2009. Created by Dr Swami Shankardev Saraswati and Jayne Stevenson, Big Shakti combines ancient eastern teachings of relaxation and self-development with western science. The Big Shakti system is easy, approachable and can be applied into everyday life — bringing wellbeing, meaning, and joy.



Big Shakti aims to reach beyond the yoga community and to make yoga accessible to anyone seeking relaxation, health, self-development and spiritual awakening. The new website will feature many high-quality learning tools within a contemporary, user-friendly online environment.

To celebrate the launch Big Shakti has some wonderful offers for their eMagazine subscribers. This is a free online publication that will be delivered monthly.

Subscribers will receive significant discounts on all Big Shakti's training tools including CDs, Mp3s, eBooks and DVDs. Also transcripts of Dr Swami Shankardev's latest lectures from the "International Ayurveda and Yoga Conference" Australia (www.ayaustralia.org) and "Australian Yoga Conference 09" (www.australianyogaconference.com) will be free. Topics include Mantras for Health and Healing, and Principles of Yoga Therapy and Stress Management. If you join Big Shakti's eMagazine now you will be informed about the launch, the discounts, and the free lecture transcripts. Here's the link: www.bigshakti.com/signup.aspx

YOGA CAPSULES

- Capsule 1:** *Chant maha mrityunjaya mantra & gayatri mantra x 11* upon awakening in the morning
- Capsule 2:** *Asana and pranayama* before Breakfast
- Capsule 3:** *Bhramari* and
- Capsule 4:** *Short Yoga Nidra* several times during the day
- Capsule 5:** *Contemplative meditation* – recalling event the days events just before bed

For fuller details of these practices visit:

www.satyanandayoga.co.za/SYCCT/SYCCTcapsules.html

Guru Purnima on Tuesday 7 July 2009

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.

Kirtan and Healing Meditation

Kirtan (Devotional Chanting)

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

NEW Friday Meditation—'HEALING THE PLANET SOOTHING THE SOUL'

Rekindle your flame and share it with others—open to everyone for everyone. The intention of this meditation is to keep our own inner flame lit in order that we may light a flame in others and send this positive energy out into the community and the world at large to wherever or whoever needs it most. It will take place on the 2nd Friday of the month, 7.30-8.30 pm with tea and biscuits afterwards for those who want to stay.

Sita Kalyanam & Sat Chandi Mahayajna and Yoga Purnima Celebrations

Dates for *Sat Chandi Mahayajna* are 17-21 November 2009 in Rikhia, India. *Yoga Purnima Celebrations* are 28 November—2 December 2009. If you are planning to attend, please inform your local Satyananda Yoga Centre for possible travel companions and to enable us to inform Rikhia of approximate numbers. You may also contact Rikhia by telephone or letter:

Bihar School of Yoga, P.O. Rikhia, Dist. Deoghar, Jharkhand 814112, India.
Tel: + 93 04799449

Local Accommodation www.yogavision.net/sk/accom.htm
Travel arrangements www.yogavision.net/sk/travel.htm
India Travel www.syclondon.com/indiaplan.htm

In the meantime, there are many workshops and events happening at the Centre over the next few months including Guru Purnima on Tuesday 7 July 2009. We look forward to celebrating this special day with as many people there as possible.

Hari Om Tat Sat

Shantipriya

Swami Pragyamurti Around & About

17-19 April 09 BWY Congress—See details in the BWY Spectrum Magazine

23 May 09 Tools for Transformation—East Essex,
contact Melanie Watson, tel 01277 823663

12-14 June 09 Sofia, Bulgaria

Yoga Teacher Training Course – Starting September 2009

Swami Pragyamurti Saraswati, jointly with Sannyasis Lalitambika and Amarajyoti, will be conducting a two-year Teacher Training Course at the Satyananda Yoga Centre, London, commencing September 2009. This course will consist of 8 residential weekends per year (£120 per weekend), finishing with a 3-4 week residential programme in the summer of 2011 (approximately £850 - £900 + travel).

Prospective applicants will need to have been practicing yoga for a minimum of four years on a regular basis and be committed to attending weekly Satyananda classes for the duration of the course. Satyananda Yoga is a complete system based on tradition, and respecting that tradition is important to us. It is a complete system that should not be mixed up with other systems when you teach.

For more details please contact:

Swami Pragyamurti Saraswati: 0208 6734869

Sannyasi Lalitambika: 01243 572245 - ly@supanet.com

Sannyasi Amarajyoti: 0115 920639 - amarajyoti@ntlworld.com



How Can I Help?

During her recent visit to South Africa, Swami Pragyamurti was touched by the amount of wonderful work that Seva Unite were doing to support the relief of suffering of local people.

SevaUnite is a **non-profit, non religious organisation** run by a dedicated small group of Satyananda Yoga teachers in South Africa supporting projects such as Masiphumele Upliftment Project set up to help people living in poverty. This project is based on the model used in the impoverished villages around the Satyananda Yoga Ashram in Rihkia, India. Where over the past 15 years the ashram has been working with the villagers, with the mission of uplifting the area and the people living there. This project will be looking to help take care of the people's basic needs and find ways of helping them create means of sustaining themselves.

If you would like to know more about Seva Unite and how to help the projects they support, visit their website:



How wonderful it is that
nobody need wait a single
moment before starting
to improve the world.
- Anne Frank

RYE UK (Research on Yoga Education) Training Update

RYE UK (Research on Yoga in Education) is conducting its first Foundation Module for school teachers at Bath Spa University. This is a six month course (one day a month) which is open to both school teachers and yoga teachers, teaching yoga techniques for the classroom. This course will be happening hopefully on a regular basis, in London or Bath. RYE is an international organisation, founded over 30 years ago by Micheline Flak (Swami Yoga Bhakti) in France. See the website for more information on the Foundation Module, Summer School and EURYE International Seminar in Sicily (July 09) or contact RYE UK www.ryeuk.org email: info@ryeuk.org tel: 020 8693 4603.

A short film on RYE techniques has been produced by Teachers T.V. and is available to view online. Rachael Buchanan, who is a Senior Lecturer in P.E., Dance, Education Studies & Primary Professional Practice at Bath Spa University and has trained with RYE UK, has worked with Teachers T.V. to produce this programme. The programme shows teachers attending a RYE workshop and a follow through with one teacher, demonstrating the RYE techniques in a classroom. See www.teachers.tv/video/31194

Contact Lyn (Lilamurti) or Kerry (Katyayani) at RYE UK for more details at info.ryeuk@gmail.com or see website www.ryeuk.org or tel: 020 8693 4603.



Satyananda Yoga Academy Europe (SYAE)

After the successful completion of 2 Yogic Studies 1 Courses, SYAE is holding its pilot Yogic Studies 2 Course between May and September 2009 in Bulgaria. The course was advertised in October 2008 and is now fully booked. Dates for the next Yogic Studies 1 course will be posted on the website - www.syae.org - as and when they are available. Brahmananda is also contactable via the London centre.

Much has been achieved since the Foundation was registered as a Non-Government Organisation in 2001, but much more remains to be done and we need more money. For instance, the teachers in the schools receive a salary of 2,000 rupees a month (less than £30). This compares to a government teacher's salary of about 16,000 rupees. Such a big difference obviously makes it very difficult to find – and to keep – good teachers. Quite simply, they (and the children) deserve more.

Now that we are a charity in the UK we can claim tax credit on all donations, which will increase our income by about a third. Being a Registered Charity also makes us more 'attractive' to possible donors. We are happy to welcome Joanne McDonald as a new Trustee. Joanne spent two weeks at the Foundation in January.

Krishnadhyanam

*(If we could increase this amount to a thousand pounds a month we could give the teachers a pay rise!! Please consider becoming a regular contributor)

HAVE A NIRVANAVAN BIRTHDAY (written by Satvikananda)

In November I was sixty and decided to have a party to celebrate. I knew many people would bring presents even if I put 'no presents' on the invitation but what do any of us want with more things? We are always trying to really practice non attachment and have less things! So what to do? Then I had a brainwave. What about asking all my friends and family to bring donations for Nirvanavan Foundation, a charity I truly support and know where the money is going and I also know that none of it is wasted in administration costs. So this is what I did. Most people entered into the spirit of the idea. A few close friends and family still gave me a present, which actually was quite nice too! But most brought donations and we managed to raise £950.00 which was wonderful. It was much better that getting loads of things that I wouldn't know where to put, and it was good for my guests as well because I know they would have found it hard to turn up with nothing. This way we were all winners. Including the Nirvanavan Foundation.

I have written this piece, at KD's request, not to impress people with how much was raised but to inspire people to think again when the next 'big' birthday bash comes along for them. People are very willing to donate in this way and their money really does make a difference. And it is a glorious feeling to know that this money will be of use to the Nirvanavan Foundation now. So thank you, friends and family all, for making my sixtieth birthday such a successful one.

Hari Om. We wash our external body, we brush our teeth and are concerned about how we look, which in some way has an effect on how we feel. We forget about the inside of the body, the mechanism that allows food to fuel. What we cannot see does not concern us that much, but how does it effect us? We need to clean our inner system, if only a little. If one looked inside the gut one would find areas that need a flush through.

In 2007, I was fortunate enough to have a place on the Satyananda Integration Course. I only knew of yoga as asana, pranayama and meditation but here I was introduced to the internal cleansing of **laghoo shankhaprakshalana** and kunjal, having previously used jala neti, prior to the start of this journey.

Jala neti has been part of my daily practise. One can at first be a little wary of pouring water into one's nose.....Will I breath? Will it go down the throat? and so on. The things that the mind will feed you to chew on are endless. With confidence I can say 'try it but dry it'. I say 'dry it ' as I did find that at first when I started with neti I did not dry my nostrils as well as one should and so I developed sinusitis. Now, I really use the body and breath as a mechanism for drying the nose to the utmost. I now know the breath as the master of the senses and with neti the breath moves with ease and so all moves with ease.

I decided, after learning laghoo and kunjal, that I wanted to experience these practices to the fullest and I have been doing laghoo and kunjal once a week. At first, when I started, I sure was so blocked. I am 45 years old and one can only imagine what the state of my internal body was.....all those amazing years of eating this and that.... but slowly the movements became easier, my whole being started to be more alive, the whites of my eyes started to shine and the mind became clearer in so many ways..... a personal experience of the power of Satyananda Yoga.

Kunjal - As I feel the warm salty water move into my stomach, I can feel the heat move into my whole being and then as I gently rub the base of the tongue, all moves upwards and away. The lift is instantaneous, the release of whatever is there is somewhat amazing. I have also found that the upsurge has a effect on the lungs and a great phlegm release this is not in any way vomiting..... this is kunjal, a technique not to be missed.

The free flow of movement in the body and so in its mirrorthe mind the tools are herewhy not visit a Satyananda Centre near you for a salt water cocktail party.....Hari Om Tat Sat.

Namo Narayan Swami Satyananda, Prem, Veda

The thought of washing the internal linings of the body with warm salty water, wiping them with cloth, inducing vomiting, or placing catheters in the nose, stomach, urethra, and so on, terrifies many new yogic practitioners and even frightens a few of the more timid away. Indeed, these seemingly strange practices were held secret for many centuries and were handed on to aspirants and disciples when the master considered the time correct. They were revered by yogis as precious teachings, capable of removing disease, endowing the body with strength and vitality, making one shine inside out.

General effects

The hatha yoga shatkarmas were an essential preparatory step on the path of awakening. At the most gross level, practices such as neti, dhauti and basti wash accumulated secretions from the inner cavities much as an enema does. The difference between a simple enema and a yogic kriya lies at the more subtle levels:

1. The yogi must manipulate the body in order to perform the practices. This forces him to learn how to control the inner organs and thereby brings the more subtle and automatic components of the nervous system under conscious control. Gaining control of inner activity prevents the organs from going haywire.
2. Learning to manipulate organs both mechanically, from outside, and neurologically, from inside, intensifies the cleaning action and affects the microstructure, the chemicals, enzymes and energy pathways at a molecular level.
3. Internal stimulation of the various cavities: stomach, intestines, nostrils-brings previously unconscious body areas into the field of conscious awareness. This is called expansion of awareness. The process is intensified when shatkarmas are practised in combination with asana, pranayama and meditative practice. The use of trataka, the shatkarma which does not involve gross body cleansing, purifies the ability to concentrate and focus on our body cavities.

The overall effect of the shatkarma is far greater than simply washing the body because, when it is performed under yogic conditions, in an ashram or an atmosphere of sadhana, with the awareness directed towards higher goals, it purifies the physical, pranic and mental bodies. When the channels for the flow of prana (pingala) and awareness (ida) are opened and clean, the channel for awakening the spiritual faculties (sushumna) functions.

Shankhaprakshalana

Shankhaprakshalana is one of the most powerful of shatkarmas. Unlike neti, kunjai, trataka and nauli, which can be continued daily until the desired effect is attained, shankhaprakshalana can only be performed regularly in its minor,

Hello again from India .

I saw Slumdog Millionaire in a friends house in Alwar recently. The video of this film is already available on the street here for about 30p, even though the film has not yet been released here. (That's India !!) Vinod, a 16 yr old slum dweller says: "We are very happy as the film shows that even the poor can achieve anything". It felt quite strange seeing this film in India, just down the road from the slum area in Alwar, where the Foundation opened a school last year. There was a scene in the film showing the red-light district of Mumbai Many of the prostitutes who work here come not from the slums of Mumbai itself but from the Nat and Kanjer communities in Rajasthan. In these villages, all the girls become prostitutes and all the boys become their 'minders' (pimps). The Nirvanavan Foundation is the only organisation working to provide an education to these children, which hopefully will enable some of them to have a choice about their future lives. The Foundation is running eight schools in the areas surrounding Alwar.

There's obviously a lot of publicity about the film here – and a lot of hype – but there's no denying children's thirst for education in the schools, their enthusiasm and desire to improve their lives – and their love of Bollywood (and cricket!!). I'm surprised by how 'patriotic' I suddenly am - I keep telling them that it was made by a British director but they are not impressed!! They are much more impressed when I tell them that I know the auntie of the lead actor – Dev Patel. In India an Auntie is SOMEONE!!

Never-ending thanks to all the regular standing order contributors and occasional donors. This enables us to send £700* each month to India . Without you, quite frankly the Foundation could not continue to flourish. Recently the local newspaper headlined an article about my presence in Alwar with the words "The Strings of Love Pulling Across Seven Oceans". Your contributions enable this love to flourish. Thank you.

If you would like to receive regular e-mails giving news about the activities of the Foundation please let me have your e-mail address - send to: krishnadhyanam@hotmail.com

HELP NEEDED WITH NIRVANAVAN WEB SITE

Many thanks to Nick who completely redesigned the website last year (www.nirvanavan.org.uk) - an invaluable facility giving information about the Foundation. Nick is moving on (we shall miss him) and we are looking for another 'champion' to maintain the site (and also someone to fix our PayPal account, which is not working.)

In-Service Training Retreat September 2008

Its only just over an hours drive from Faro Airport and the bustling beaches of the Algarve to the mountains where Swami Vedantananda has made her home, but the journey takes you into a different world.

I was lucky enough to attend the 5-day In Service Training course she ran at the beginning of September 2008. The planning was meticulous, we were met at the airport by a taxi that whisked us into the hills to Swami Vedanta's nearest village, where she was waiting with her 4-wheel drive to take us the last fifteen minutes to her home. The last part is on a dusty unmade mountain track and then we arrived at the house, perched on the side of a steep slope with the mountains marching away into the distance on all sides.

The first thing to strike me was the absolute peace and quiet, something we all valued in the days we were there. The accommodation I shared was a little log house with a tin roof and a front made of a tent door and windows. It was simply but lovingly furnished and very comfortable. It was a treat to live in an environment without any of the mod cons we take for granted, such as electricity and running water. Living simply, we started to reconnect with the basics of life and appreciate how precious such things as water are in a dry climate where every drop counts.

The programme was a mixture of sessions to develop and refresh our teaching as well as time for our own development. It was really helpful to plan classes with others and discuss problems with the group. For me, one of the high points was Japa Anusthan for a whole morning. It is hard to convey the quality of the energy of such a lovely remote place, with fifteen people spending four hours in silence and concentration, in surroundings that considerably enhanced the quality of the practice. An evening walk in the mountains, and the havan and kirtan on the last night were other memorable events.



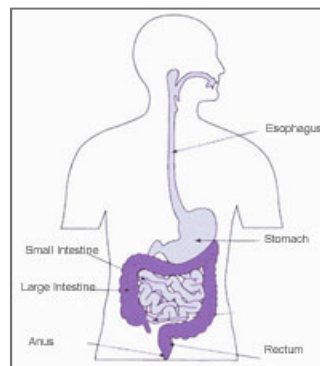
The last evening was particularly magical, preparing the havan, watching an eagle soar over the mountains as we ate supper, and then the fire ceremony and kirtan, with the new moon shining through the yoga room window. The night sky with bright stars was another treat in a place without light pollution.

The retreat had its challenges – an uphill walk to the compost toilet, the dust, the water restrictions – but somehow all this just heightened the experience. I have come home feeling refreshed and inspired, both in my teaching and my own practice. After two weeks I still wake up each morning with images of the retreat in my mind, which is a lovely thing. In my diary while on the course I wrote "I wish to continue this lifestyle as much as possible back at home. I know it will be hard and my own hedonistic tendencies will rear up again, but I plan to do my best". And that is what I am doing.

Vedanta, Middleton-in-Teesdale

or laghoo, form. In its full form, once or twice a year around the change of season is enough.

The continual movement of water through the stomach and intestines empties the abdomen of all faecal contents and strips off the mucus lining, which is usually encrusted with faeces. This unblocks the channels of flow, for example, the sphincter of oidi, where the liver joins the duodenum, or the channels for the secretion of acids, enzymes and hormones, or the channels for mucus, which prevents the body from digesting itself in its own acid secretions (the cause of peptic ulcers).



Cleansing the thirty odd feet of internal digestive tubing allows the absorption, assimilation and excretion processes to work optimally. This is what yogis mean when they state that the nadis have to be cleansed and the obstructions removed. In our constipated society this effect is especially important.

The effects of shankhprakashalana are various, and we find that in a clinical setting it is useful for such diverse conditions as diabetes, boils, acne, worms, indigestion, chronic dysentery, constipation, epilepsy, cancer, muscular dystrophy, and so forth. Its action on the bowel is much more powerful than laxatives and purgatives which require more time to take effect and have deleterious side effects, not to mention their habituating and addictive properties. Shankhprakashalana is less time consuming, gives a much cleaner result and is harmless when performed under expert guidance.

Cleanliness by itself allows the body to function better and is a healthier state. 'Cleanliness is next to godliness.' When we add the effects of asanas and yogic awareness we have a technique which can revolutionise medical therapy and rejuvenate the body, preparing us for a long and healthy lifetime of yogic sadhana.

Excerpt of article first published in Yoga Mag, Sept 1982

Shankhprakashalana—Dates for Practice

To help make the transition from Winter to Spring, book up for this wonderful cleansing practice. For those of you that missed the practice on 28 March the next date is 11 April. The cost is £25. Please pay in advance, put your name on the list at the centre, leave a contact number and make sure you take an information sheet. If you have not done this practice before you must contact the supervisor of the day.

SwaN 2009, London

Have you booked your place yet?

To make sure you don't miss out on this unique opportunity, please get your booking applications in **NOW** as places are likely to be booked up by end May 2009.

Karma Yogis Needed NOW

If you are interested in doing some Karma Yoga for SwaN 2009, LONDON event either over the next few months, a few days prior to the event or on the day, please email **KATYAYANI** at katyayaniyoga@googlemail.com with your skills and when you are available to help.

Satyananda Yoga Teachers - What class/events are you teaching?

With Swami Niranjan's visit this year we thought this would be a good opportunity to compile an up-to-date list of classes/courses that are currently being run by trained Satyananda Teachers. We anticipate an increased demand for classes after the event and it would be extremely helpful in directing enquiries from students to appropriate classes in and around London, given by trained Satyananda Yoga teachers. It is also possible that Swami Niranjan may be interested to know the overall picture of what is happening with Satyananda Yoga at present in the UK.

So, if you are a trained Satyananda Yoga teacher, please either complete the form online from the SYC London website: www.syclondon.co.uk or complete the form enclosed with this newsletter and post it to SYC London, 70 Thurlough Road, LONDON, SW12 8UD. The information will be kept as a hardcopy and/or electronically and will only be used for genuine enquiries for yoga classes.

Satyananda Yoga SwaN UK 2009



In the presence of

Swami Niranjanananda Saraswati

Successor to Swami Satyananda Saraswati, founder of the Bihar School of Yoga

Swami Niranjanananda has travelled around the world, inspiring thousands of aspirants on the yogic path. This is a unique opportunity to attend discourses from a wise spiritual guide and internationally renowned teacher of Tantric, Yogic and Vedic sciences

Yoga and Tantra
Ancient Wisdom for Modern Living

16th-19th July
Harrogate, North Yorkshire

tel: +44 (0)1535 609488
email: yorkshire@swan2009.co.uk

Yoga for the Spirit of London
Paths to Freedom and Fulfilment

24th July - Battersea, London

email: london@swan2009.co.uk

For more information visit: www.swan2009.co.uk

