



# Yoga Tyati



NEWSLETTER

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[anandayogaschool.org](http://anandayogaschool.org)



# WELCOME NOTE

With deep joy and gratitude in our hearts the **Ananda Yoga School of India** welcomes you to undertake an enriching and inspiring journey on yoga and meditation with our monthly newsletter **Yoga Jyoti!** We endeavour to keep all of us yogis and aspiring yogis of today's era abreast with much needed, pivotal information to support our daily sadhana of yoga and meditation.

Whether urban living or living under an open sky in the hills filled with fresh air, sharing life with family and friends or living alone, everything is governed by the principle of duality. It doesn't take long for a good mood to be replaced by conflicting moods or emotions. A good sadhana day could be followed by a struggle to sit still in meditation let alone the ability to focus or concentrate for that experience of deep meditation the next day. Paramhansa Yogananda has blessed us with so many tools to cauterize negative mind space or move the tamas in us with the practice of Hong Sau, Energization Exercises, Pranayama and Yoga sadhana to still the mind and calm the nerves. And yet, engaged in our busy lives, often we take the healing power of these tools for granted. Although our intentions are sincere, we either forget to practice or struggle with consistency. Staying connected through group meditations and workshops becomes a point of aligning us with the right ways to practice them, often forgotten with the passing of time.



**Yoga Jyoti** is an initiative where we aspire to share interesting facts and news related to yoga and meditation that will inspire your daily sadhana. From inspirations shared by acharyas of Ananda Sangha communities in India and the world over in our Superconscious Corner to personal experiences shared by devotees from around the world in the Devotees Corner, you will find yourself indulging in interesting activities and puzzles in addition to collecting those pearls of wisdom shared from Ananda Sangha's books, as well as opening your heart to a new understanding of yoga postures, meditation, art and much more.

The **Ananda Yoga School of India** welcomes you to the **Yoga Jyoti** September feature focusing on **Joy – an aspect of God**.



## SUPERCONSCIOUS CORNER

### *The Practice of Joy*

In our eagerness to experience *ananda*, divine joy, we can become discouraged when our spiritual practice doesn't bring forth as much joy as we would like. If that happens to you, ask yourself, "Have I been focused on getting rather than giving?"

Spiritual success requires putting joy into our practice. As Swami Kriyananda said, "Joy is not only the goal of the spiritual path. It is the means."

So, infuse your practice with calm joy wherever you can, such as while tensing during the Energization Exercises, the asana affirmations in Ananda Yoga, or the pauses between breaths in Hong-Sau meditation. Better still, infuse joy into your entire practice! But don't push yourself so hard or so long that it becomes "work." Joy should be, well, enjoyable.

And remember to offer that joy back to its source: God. That will deepen the experience and, more importantly, your connection with God. Take it deeper still by practicing joyfully with God.

In fact, why not make joy a part of everything you do? You'll experience more *ananda* that way, and so will the people around you. Plus, it's fun!

Blessings on your joyful practice.

~By Nayaswami Gyandev

## INSPIRATION'S CORNER

Excerpt from the poem Samadhi by Paramhansa Yogananda

*Vanish the grosser lights into eternal rays  
Of all-pervading bliss.  
From joy I came, for joy I live, in sacred joy I melt.  
Ocean of mind, I drink all Creation's waves.  
Four veils of solid, liquid, vapor, light,  
Lift aright.*

# MEDITATION INSIGHTS

One of the integral parts of Paramhansa Yogananda and his line of gurus' teachings is to gaze gently and maintain focus at the point between the eyebrows known as the spiritual eye, also known as ***Kuthastha Chaitanya***, or Christ Consciousness.

*Kuthastha* is a Sanskrit word meaning the unchangeable, the supreme and *Chaitanya* means consciousness.

Supreme consciousness, *Kuthastha* or Spiritual Eye is the seat of God and the medulla oblongata is the mouth of God enabling the flow of life force energy in the body.

Behind the *Kuthastha Chaitanya* of Supreme awareness lies the prefrontal cortex (PFC) of the brain, an integral part of our physical body.

Cognitive control, behaviour, emotions, memory and control of awareness/consciousness are the key functions of the PFC.

A gentle gaze and concentration at the spiritual eye directs the flow of energy upward from the lower to the upper chakra facilitating enhanced functioning of the prefrontal cortex of the brain, bringing clarity and more focus on everything that we do and consequently reducing stress, anxiety, agitation and restlessness. This further allows scope for a good sleep, being even minded and mostly important happy and in joy at all times.



The Energization Exercises devised by Paramhansa Yogananda are a powerful source to draw the abundant life force energy in the body. The practice of Ananda yoga founded by Swami Kriyananda is an expression of a higher state of consciousness, which is enhanced by the use of affirmations.



## DEVOTEE'S CORNER

*Ananda* is synonymous with Joy: the very essence of purity and liberation.

The most profound experiences of our lives always leave an imprint on our spirit, colouring it with purity and Joy.

On my last pilgrimage to Babaji's Cave in March 2024, as I sat meditating in the cave after a few rounds of kriya, I lost track of time. After a few minutes, I felt a divine touch on my forehead. The message that I clearly received from the Masters was for devotion and selfless *seva*. On my return to Mumbai, I took up chanting seriously. Now as I chant, I get totally immersed in the practice, feeling communion with the Divine.

As a part of *seva*, I started to decorate the alter at our Centre week after week. This gave me joy, tranquillity and fulfilment and has brought me in proximity with the Masters. I also started to cook *prasad* for all my fellow devotees once every week, which has been effortless.

It's always the Masters who inspire me and in spite of many commitments and challenges that I face in life, I'm motivated to do all of this. Their benediction is with me in every action or endeavour I undertake.

The path has given me infinite Joy and a higher purpose to strive for my journey towards unison with the Divine. I shall be forever grateful for this benevolent gift .

~By Himani

## PEARLS OF WISDOM

*From Books of Ananda Sangha*

The following is an excerpt from *Secrets of Health & Healing*  
by Swami Kriyananda

*I awake in Thy Joy!*

*By giving comfort to others, we ourselves find comfort.*

*By giving joy, we ourselves find joy.*

*When we channel God's love to all, comfort and joy abide,  
smilingly, in our hearts.*



## DID YOU KNOW



Trikon in Sanskrit signifies a triangle. A triangle has three corners, and the practice of the powerful Trikonasana supports three core qualities for physical, mental and emotional health, namely vibrant openness, vitality and joy, alongside three essential principles of yogic philosophy: balance, stability, and harmony.

Tri = three, kona = angle. Standing in Tadasana as we gradually enter into Trikonasana we realise that the body assumes a triangular shape, which leads to openness to receive. What's interesting is when discussing with a friend about yoga practice, sadhana, yoga asanas and its subtle yet profound place in human life, some noteworthy insights on bhavas and yoga asanas were revealed. It is said that all yoga asanas are linked to different *bhavas* that enhance specific feelings and qualities. According to certain traditions there are different *bhavas* that the practitioner may experience in their practice of Trikonasana as well. The four *bhavas* are *Dharma Bhava*, *Vairagya Bhava*, *Aishwarya Bhava* and *Jnana Bhava*.

All meditative asanas like *Padmasana* or *Sukhasana* and asanas that use the extremities enhance the feeling or *bhava* of *dharma*. *Dharma* means duty. Asanas linked to *Dharma bhava* help us realize our priorities and duty, thus giving our practice a deeper meaning.

*Vairagya* means objectivity and humility. This quality comes from all the forward bending asanas. It means lowering the ego, the feeling of 'I-ness' and bowing to the universe.

*Aishwarya bhava* is the *bhava* of the highest state of being i.e. self-realization; being completely independent of anything and anybody. All the backward bending asanas help us attune and integrate the quality of *Aishwarya bhava*.

Trikonasana is linked to *Jnana bhava*. The *bhava* of knowledge. An awareness of discovering our own body, its limitations and challenges. This knowledge of one's self and in the wider sense the asanas linked to *Jnana bhava* lead to a better understanding of the universe that helps in self-actualization.

### TRIKONASANA - TRIANGLE POSE

Stretches hamstring muscles

Opens hip joints & spine

Stimulates abdominal organs

Vitalizes body and mind

Helps one feel the connection between life-force and joy



"ENERGY AND JOY FLOOD MY BODY CELLS!  
JOY DESCENDS TO ME!"





# INSPIRATION FROM THE TEAM

*Joy is within you*

We know that we should be joyful all times. Even so, sometimes we become low on energy and less joyful. I have experienced that when I go to sleep low on energy, I rarely wake up completely energized.

How can we overcome this?

Even though I am tired, after chanting and a brief meditation, suddenly I am filled with joy and the tiredness disappears.

Exhausted after 8-10 hours Yoga Teacher Training classes, I am tempted to skip weekly group meditation at Shanti Mandir. But I push myself and after 15-30 minutes of energization exercises, chanting & meditation, I am energetic and joyful.

To wake up early on Monday mornings for yoga class is challenging sometimes. But after an hour of yoga, joy fuels me for the week ahead.

In dull moments, joy was obscured by laziness and negativity. Ananda Yoga and Ananda Music connect me with inner joy.

I would like to end with a line from Yogananda's poem Samadhi: "From Joy I came, for Joy I live, in sacred Joy I melt."

~By Amruta Dubal



## ACTIVITY CORNER

**CROSSWORD PUZZLE**  
Words taken from "Whispers from Eternity" book

**Across**

- In my little --- (7 letters) of quietness I am ever at rest
- Blessed are those who share Thy --- (9 letters) with others
- Help me to see only --- (8 letters) reflected in my mental state

**Down**

- Be the --- (8 letters) to my searching mind, directing me to Thyself
- Help us to scatter fragrant flower-petals of --- (11 letters)

Crossword from the book *Whispers from Eternity* written by Paramhansa Yogananda

*enjoy!*

1. Polestar 2. Forgiveness 3. Chamber 4. Abundance 5. Kindness



# CREATIVE CORNER



The following is an excerpt from an article written by Swami Kriyananda, “**The Divine Mission of Art.**”

True art should take us in the direction of joy, but why?

Joy is the essence of our being, the central reality of who we are. Anything you do that takes you toward joy, will lift your ego into higher awareness. It will raise the energy up the spine, and expand your consciousness to include the consciousness of others.

Art, therefore, should express joy, expansion, and kindness, not because it’s a matter of taste, but because it should reflect back to us our highest aspirations. All of us have within us a mixture of tendencies, tendencies that want to rise and tendencies that want to sink. Art should help you to rise. If art is to fulfill a divine mission—and everything on earth is a divine mission if understood properly—it should help you to uplift your consciousness through color, form, melody, harmony, or rhythm.

Underlying all human life, there’s a certain sadness, a longing of the soul for its true home in God. The joys of life are only small reflections of the bliss we’re seeking. There’s only one way out, and art should point us in that direction.

Art is that aspect of human activity that engages the *chitta* or feeling aspect of consciousness. Art, therefore, needs to express feeling. For it to be uplifting, it needs to express joy, reverence, or—as Albert Einstein put it—a sense of “mystical awe.”

Art is a reflection of our state of mind. In the first issue of Yoga Jyoti we bring to you inspiring art by Ananda Sangha’s devotee Shamini Naidu. Shamini also helps people uplift their state of mind and open their hearts through Art.

Contact information:  
[shamini@anandaindia.org](mailto:shamini@anandaindia.org)







# NEWS & PICTURES FROM THE LAST 30 DAYS OF EVENTS

## 1. Advanced Pranayama Teacher Training Programme (20 hours)

Advance Pranayama Teacher training programme was conducted from 12th July 2024 - 14th July, 2024 and 26th July, 2024 - 28th July, 2024. The workshop had 29 new participants. Advanced techniques of Pranayama, Bandhas, Mudras and Hybrid practices were taught including practise teaching opportunities in small groups.



## 2. Yoga Alliance Certified Ananda Yoga for Children - Teacher Training Programme (16 hours)

Yoga Alliance Certified Ananda Yoga for Children - Teacher Training programme was conducted from 23rd August - 31st August, 2024. Ten participants attended online classes. New and creative methods for developing the highest qualities in children through Ananda Yoga were presented. Live classes with experienced teachers included practise teaching opportunities in small groups.





# UPCOMING EVENTS

**Just Launched:**

## ***“Material Success Through Yoga Principles”***

This course, based on teachings of Paramhansa Yogananda, can transform one’s life at its core. It is in a sense, an autobiography of perseverance and loyalty to Ananda principles, until success is achieved.

According to Paramhansa Yogananda, many people fail to succeed in life due to a lack of what he called “spiritual adventurousness”. Successful people are those who have the imagination and the courage to embrace new ways of doing things, even if others scoff at or reject such beliefs.

**MATERIAL SUCCESS**  
THROUGH YOGA PRINCIPLES

Attract prosperity and happiness into your life and work

5 THEME | 5 MONTHS

Principles  
Energy & Creativity  
People  
Planning  
Environment & Wellbeing

Register Now

More Info:  
<https://anandayogaschool.org/material-success-through-yoga-principles/>

Spanning a duration of five months, the key highlights of this course cover:

- Learning to influence the material plane from the spiritual plane.
- Activating the laws of success and happiness in your life.
- Tuning into yogic wisdom and strengthening your success karma.
- Applying tools for outward fulfillment and inner enlightenment.
- Accessing original lessons and audio recordings of twenty-six lessons by Swami Kriyananda.

Registration and more information can be accessed at the following link:  
<https://anandayogaschool.org/material-success-through-yoga-principles/>

## **Weekly Offerings:**

***Experience Ananda Yoga for Higher Awareness. Practice Asana, Pranayama and Meditation.***

***Mornings: 7:30 a.m. to 8:30 a.m.***

Registration and more information at:  
<https://anandayogaschool.org/ananda-yoga/>



# Contributors



**Project Manager and Technical Support Team : Amruta Dubal & Oksana**  
**Content Team: Devika Mittra & Mary Agnel**  
**Editorial Team: Helen Toraskar & Preeti Pathak**  
**Written by Preeti Pathak**  
**Designed by Prepsa Saini**



**For Comments and Questions**  
**Please write to us at: [yoga@anandaindia.org](mailto:yoga@anandaindia.org)**  
**Or Contact: +91 9158002726**



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