

Yoga Tyati



NEWSLETTER

OCTOBER 2024



anandayogaschool.org





Power - An aspect of God

OCTOBER 2024 EDITION



SUPERCONSCIOUS CORNER

Who doesn't want the power to wake up when they want, eat healthily, exercise, and maintain a fit body? Who doesn't want a peaceful mind, and radiant joyful energy? Then why don't most people have these qualities? The answer is that they lack the power to transform themselves. They also lack wisdom on how to gain and utilize this power. Why not learn how to channel this power to change yourself?

The development of willpower is essential for learning to channel the infinite power of the universe. You are a being that is made in the image and likeness of God, and therefore you have a right to access the power of the entire universe.

Many people think of power as something that is used to control other human beings. Yet the most truly powerful people have no desire to control others. They only wish to have perfect control over themselves. That kind of power is only used for good. Those who utilize it know that the most powerful force in the universe is love. Indeed, it is the power of love that creates and sustains the entire universe.

~By *Nayaswami Shankara*

INSPIRATION'S CORNER

Affirmation and Prayer/Song

In his book "Affirmations for Self-Healing", Swami Kriyananda says, "affirmation is only the first step to self-healing. We must do our human part. Without additional power from God, however, our efforts are forever incomplete. Affirmation, in other words, should end with prayer."



AFFIRMATION



“

Mine is the power of the universe, channeled for my own awakening and the awakening of other sleeping souls!

”



PRAYER

Help me to feel that Thy power runs through my veins, courses through my thoughts, and sets my noble feelings afire with love for Thee!



MEDITATION INSIGHTS

Research studies suggest a promising potential benefit of meditation resulting in slowing the aging process. One common marker of cellular aging is the telomere length. Telomeres are protective caps at the ends of chromosomes that are similar to the tips of shoelaces. Each time a cell divides, these caps become a little shorter. Several studies also indicate that there could be an associated risk of acute disease and early onset of age-related problems due to shorter telomeres.

Lifestyle habits like poor diet, smoking, excessive drinking, chronic stress, and inactivity can accelerate telomere shortening. This process can be influenced by incorporating small changes in everyday life by consuming more plant-based foods, practicing yoga, pranayama and managing stress. While we often focus on healthy nutrition and physical activities, chronic stress is a significant factor that is often overlooked. This is where meditation plays an important role.

The fundamental goal across various meditation traditions is to cultivate a calm mind. During meditation as the mind is deeply relaxed the cortisol levels (a stress-induced hormone) get significantly reduced. Beneficial hormones like dopamine and serotonin are also released promoting feelings of peace and tranquillity. The entire cellular biology is positively impacted and has a powerful influence on telomeres.



Meditation plays a crucial role in lowering the stress level which has an adverse impact on telomere length, leading to a longer, healthier life.

So, the next time you meditate, remember you're not just finding inner peace; you're also potentially slowing your biological clock.



DEVOTEE'S CORNER

Power, as an aspect of God, is usually least accessed, as we subconsciously create a divide between the divine and ourselves. The veil of maya makes us see the two as separate and something we cannot access.

Recently, I was playing in an international tournament in the Netherlands. I had to play many games in a single day. My body was aching after the first set of games and I was exhausted, both mentally and physically. I decided to energise and as I did the Energisation Exercises, I kept my focus on Power as my birth right.

The match started and I kept my attention at the kutastha (the point between the eyebrows) to overcome my nerves and to be fully focussed and intuitive about the game. I played like never before and won a tough match.

Power is a manifestation of God and one of the ways in which we connect with the divine. When we accomplish a difficult goal and feel the uplifting energy, it's the aspect of power with which we connect.

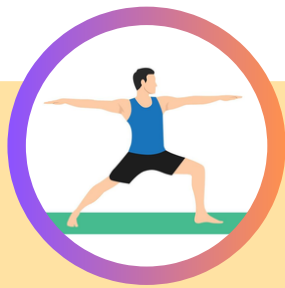
We are the children of the divine and have all the rights to access this infinite power to accomplish anything we put our mind to.

~By Shivani Kejriwal

PEARLS OF WISDOM

The following is an excerpt from the book
Meditation: What It Is and How To Do It by Swami Kriyananda

Meditate on fire. Think of that fire burning up all inner dross. Think of it as a great bonfire into which you are casting all attachments, all desires, all bad actions of the past and all memory of those actions. You are casting them into the fire to become purified so that you can lift yourself up in freedom to God's love. Meditate on the sun rays filling the world and your whole being with strength, vitality and enthusiasm. Think not just of the physical sun but the powerful sun of God's great energy. Think of the energy that was required to create this vast universe as the power behind you. Try to attune yourself to this power. Don't be afraid because this is also the power of freedom, the power of victory. Just as we harness the powers of nature, we can use this power for our good.



DID YOU KNOW



The Virabhadrasana (Vii-ra-bha-draa-sa-na • Vira means hero and Bhadra means friend) originates from

an ancient story of Lord Shiva. In the story of Virabhadra, Lord Shiva symbolises the higher self, Devi Sati represents the heart, and King Daksha the ego. The story allegorically inspires yogis to transcend the ego, overcome inner struggles, embrace the heart's expansiveness, and progress with power, purpose and inner strength.

Devi Sati weds Lord Shiva, although her father King Daksha, disapproved of the marriage due to his dislike of Lord Shiva. King Daksha organized a grand yajna, which Devi Sati attended even though she was not invited. The King spoke disrespectfully of Lord Shiva in public. As a result, Devi Sati immolated herself in a fit of humiliation and rage. When Lord Shiva heard what had happened, he was overcome with anger and grief. He created a formidable warrior named Virabhadra to avenge Devi Sati's death. Virabhadra beheaded King Daksha and killed everyone present at the yajna. The mission being fulfilled, Lord Shiva absorbed the warrior back into his form. However, upon seeing all the destruction and pain, the Lord felt profound remorse. His sorrow and anger turned into compassion. Finding King Daksha's headless body, he gave him the head of a goat and resurrected him. King Daksha, deeply moved by Shiva's benevolent gesture, regretted his errors. The King humbly bowed to honour Lord Shiva.

Most yoga postures have a rich history and an intriguing narrative. Each of the three Virabhadrasana poses represent a specific aspect.

- Virabhadrasana I (Warrior 1) represents the warrior emerging from the earth, holding two swords overhead and ready for battle.
- Virabhadrasana II (Warrior 2) represents the warrior focusing on his target, standing strong and ready for action.
- Virabhadrasana III (Warrior 3) represents the beheading of King Daksha with two swords.

The Virabhadrasana II pose embodies being grounded, centred, and open while standing tall. With both feet firmly connected to the earth to provide stability, the torso is balanced directly over the base. From the front, with the hips opened sideways, the chest open and the arms extended, the body projects an expansive presence. Avoid leaning forward or backward, staying present in the moment, radiate energy from the heart to the fingertips, exuding calm willpower and strength while joyfully manifesting the power of God.





INSPIRATION FROM THE TEAM

Yoganandaji mentioned Babaji's living presence near Badrinarayan in his book, *Autobiography of a Yogi*. After reading chapter thirty-three, I felt compelled to visit Badrinath for seclusion. The monsoon had just started yet there were hundreds of pilgrims en route.

On 10th July morning, a landslide blocked the roads three kilometres from Joshimath. We had to park our vehicle alongside other cars. Several hundred stranded pilgrims started climbing the mountain to reach Joshimath. As I had no trekking experience, I decided to wait for the road to clear.

By the evening of 11th July, the roads were still closed. Finally, I summoned the courage to climb up too. Chanting Babaji's name and calling out to Master, I tugged on shafts of grass and small shrubs, reaching the top of the mountain in an hour.

The mountains are home to wild animals, but with the power of God flowing through my veins and the power of chanting the Guru's name, filled me with an immense strength I have never felt before. All my fear had vanished.

Lastly, when we reached Badrinarayan temple, I was filled with deep joy and profound gratitude to the power of God. To conclude, I climbed down, reaching Joshimath safely and had a blissful seclusion in Badrinath.

“Help me to feel that Thy power runs through my veins, courses through my thoughts, and sets my noble feelings afire with love for Thee!” (Excerpt from the book, *Affirmations for Self-Healing* by Swami Kriyananda)

~By Mary Agnel



ACTIVITY CORNER

WORDSEARCH

PLACES MENTIONED IN "AUTOBIOGRAPHY OF A YOGI" BOOK

N	N	K	L	D	D	Q	T	G	N
Y	N	M	I	Q	W	E	O	Y	A
W	L	O	I	S	H	R	D	B	B
T	O	L	Y	K	A	L	E	E	A
F	W	G	I	K	E	N	L	N	D
E	N	N	H	E	P	N	H	A	N
J	A	P	W	U	R	C	I	R	I
R	U	A	H	D	R	A	W	E	R
R	B	I	U	R	V	N	B	S	B
I	H	C	N	A	R	P	I	Z	A

Words can go in any direction. (e.g. RANCHI colored above)
Words can share letters as they cross over each other.

Wordsearch from the book *Autobiography of a Yogi* written by Paramhansa Yogananda

Words to find in the puzzle

1. BENARES
2. GORAKHPUR
3. WARDHA
4. BAREILLY
5. BRINDABAN
6. RANIKHET
7. BIUR
8. GHURNI
9. DELHI
10. RANCHI



CREATIVE CORNER



The art of storytelling is a universal language that transcends cultural boundaries. It is a timeless and interactive art with the power to educate, inspire and nurture the audience. India's literary works like the Mahabharata, Ramayana, Jataka tales, and Panchatantra are globally renowned for storytelling. The field of neuroscience supports the belief that the human brain is naturally inclined towards narratives.

Enjoy the story of Goddess Durga's transforming power from the Saptashati narrated by Murali Venkatrao, Minister at Ananda Washington. This story from the Indian scriptures depicts the epic clash between good and evil; Goddess Durga embodies the forces of good in a battle against the demons Shumbha and Nishumbha.

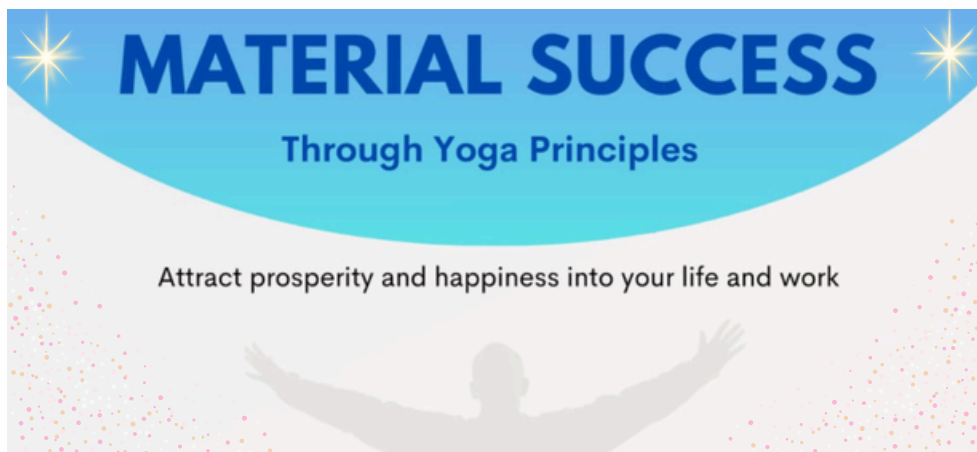




NEWS FROM THE LAST 30 DAYS OF EVENTS

Material Success Through Yoga Principles

On 6th October 2024, Ananda Yoga School of India started a six months (5 months course + 1 month closing session) course - 'Material Success Through Yoga Principles.' Our most awaited workshop was attended by 17 enthusiastic participants. The classes are progressing well.



Your success in life does not depend only upon natural ability; it also depends upon your determination to grasp the opportunity that is presented to you. Opportunities in life come by creation, not by chance.

~Paramhansa Yogananda





UPCOMING EVENTS

Ananda Yoga Teacher Training Programme (RYT -200 Hours)

The Ananda Yoga Teacher Training is a 200 hours, Registered Yoga Training certification programme divided into 4 modules.

- **Module-1:** The Yoga Asanas
- **Module-2:** Pranayama, Meditation, Energization Exercises
- **Module-3:** Yoga Philosophy, Chakras and Yogic Lifestyle
- **Module-4:** Assisting and Adjusting students, Anatomy and Physiology, How to teach, Final Assessment

YOGA TEACHER TRAINING
Become a Certified Yoga Teacher

200 Hour Yoga Alliance® Approved Curriculum

Asana * Pranayama * Chakras * Meditation
Yoga Anatomy * Yoga Philosophy

Embark on a transformative personal journey to become an inspiring, profound, and professional Ananda Yoga® Teacher.

Who Should Attend?

- Yoga practitioners who wish to deepen their personal practice.
- Experienced yoga teachers who want to professionalize their offering and seek international accreditation.
- Beginners who aspire to experience a traditional yoga practice in a safe and inspiring way.

For registration and more information visit our website:

<https://anandayogaschool.org>

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/>



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