



# Yoga Tyoti



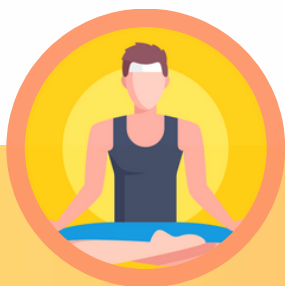
NEWSLETTER

NOVEMBER 2024



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





# LIGHT

*NOVEMBER 2024 EDITION*



# SUPERCONSCIOUS CORNER

God's Light is all pervading, occupying every nook and corner of the space within and around us. But to perceive this Light, we need to use our power of concentration and focus, like a magnifying glass that focuses the sun's rays to manifest its burning power.

We cannot simply demand the Light to reveal itself to us. Therefore, besides concentration and focus, we need the love of our heart to soften us, so that we are in a state of receptive and relaxed attentiveness, rather than being tense. While performing the Energization Exercises and yoga postures, we must gaze deeply at the spiritual eye in a relaxed manner. We must then imagine and visualize an all-encompassing Light within and around us.

When we sit for meditation thereafter, we should try and focus this Light like a laser beam at the spiritual eye. However, we should not be anxious if we don't see the Light, or cannot visualize it. Each one of us is a unique expression of God, perceiving the Divine in a unique way, and in our own time.

My personal experience of Light has been a gradual, deepening one over the years. As a beginner in meditation, I always struggled to see the Light at the spiritual eye, although God did reveal His presence in many different ways and facets of my life. However, as time passed, regular meditation started to yield its fruit as LIGHT – a light that is subtle, yet powerful; is mellow, yet bright; is healing and fulfilling.

The Buddha said, “Be your own light”.

Let us remember friends, that the source of Light is within us and through the power of concentration, devotion, and Guru-given techniques, we can manifest the Light in ourselves in our everyday life.

AUM PEACE AMEN  
Dr. Radhika





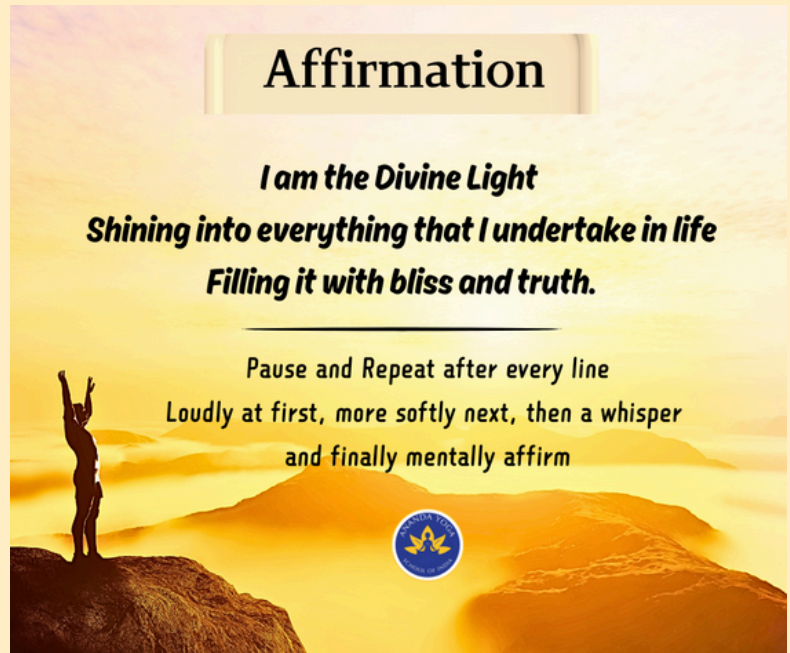
# INSPIRATION'S CORNER

I Am the Divine Light, a guided visualization by Nayaswami Diksha

Visualize a ray of sunlight slanting down through a cloud-covered sky shining on you; illuminating your consciousness. Think of the happiness of receiving that blessing from the infinite Light.

Rise mentally on that shaft of Light. Soar in divine aspiration to become one with the source of Light of which you are a part.

Feel the Light penetrating your being. Release your ego to merge into it. No lingering corner of darkness, fear or doubt exists anywhere. You are the Infinite Light itself.



## PEARLS OF WISDOM

The following is an Excerpt from the book- The Essence of the Bhagavad Gita, explained by Paramhansa Yogananda as remembered by Swami Kriyananda.

God sent man to earth to be entertained by the cosmic movie. Alas, attachment and desires darkened human consciousness. Immersed in the seeming reality of the movie, man forgot that it was nothing but a ray of light in the projection booth, passing through artificial images imprinted on a strip of celluloid. If man could live in the world with perfect non-attachment, he would again become aware that this is all a show: only shadow and light. The only reality is that changeless light which produced those fleeting images, and the bliss within that light.





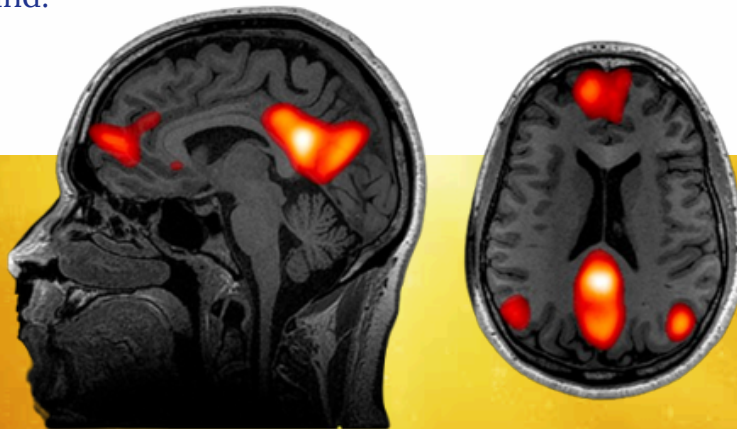
# MEDITATION INSIGHTS

Neuroimaging research studies have revealed fascinating insights into how different parts of the brain light up during meditation practice. Each of these areas have a unique and significant impact on our biology, worldview perception, and emotional state.

Various regions of the brain are activated when the mind is not focused on a specific task or is in a "resting state". This is called the Default Mode Network (DMN). The DMN is activated when there is no outward activity. The brain is then functioning in an "idle" mode. It is associated with mind wandering, self-reflection, processing, integration of past memories, planning for the future, and daydreaming. When we attempt to be consciously present in the moment, the frontal / pre-frontal regions of the brain are activated. However, when the mind wanders or is daydreaming, the DMN takes centre stage and becomes a double-edged sword. On the one hand, it can facilitate creativity and self-reflection, yet on the other, without even realizing it, we may entangle ourselves ruminating over the past or anticipating the future. This inadvertently intensifies feelings of anxiety and stress.

The DMN plays a crucial role in our mental processes. A dysfunctional DMN can lead to several cognitive and emotional issues like an inability to stop ruminating on negative thoughts/ experiences and focus on goal-oriented tasks. It also impacts the memory, decision-making and problem-solving skills, understanding perspectives, and regulating one's emotions.

The DMN is also closely connected to feelings and self-perception, thus playing a significant role in overall happiness. A dysfunctional DMN results in being endlessly "stuck" in a loop over what is troubling us, thinking of the past and worrying about the future. The mind wanders. A wandering mind is an unhappy mind.



Meditation can change the way the brain processes thoughts when the mind wanders. Meditation has a significant impact on the DMN by lowering its overall activity, quietening the mind and reducing overthinking. Research further indicates that meditation also improves the functional connectivity between different regions of the DMN. This means that the brain's regions within the DMN may communicate more effectively with each other leading to better cognitive functioning and emotional regulation, while improving focus, attention and self-regulation.

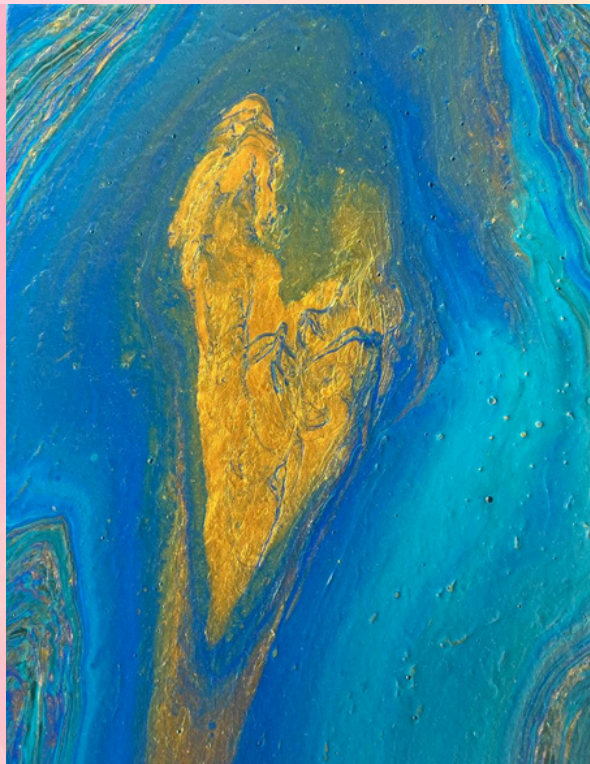
*Images courtesy of Wikipedia show the activated default mode network (DMN) in different regions of the brain.*  
Written By Devika Mittra



# DEVOTEE'S CORNER

After my first Kriya Initiation, I felt compelled to change many things in my life. I experienced a new ease with creative energy, and this creativity began to express itself through me as music and art.

In his book, *Art As a Hidden Message*, Swamiji says, art contains a 'hidden message' and that message is how to express the Divine through what we create. We can live life on the surface eddies of existence, or, we can dive deep within our experience and find God in everything.



This painting is like that. At first, you see some pretty colors. If you pause your mind and dive deeper, you can see a Woodland Diva holding a child. We are children of the Divine. We can see the Divine light in everything: raindrops, a rainbow, and in the eyes of our Gurubais.

After you next meditate deeply, see how the world around you radiates more brightly.

Joy to you.

~By Brahmacharini Alexandra Hart.

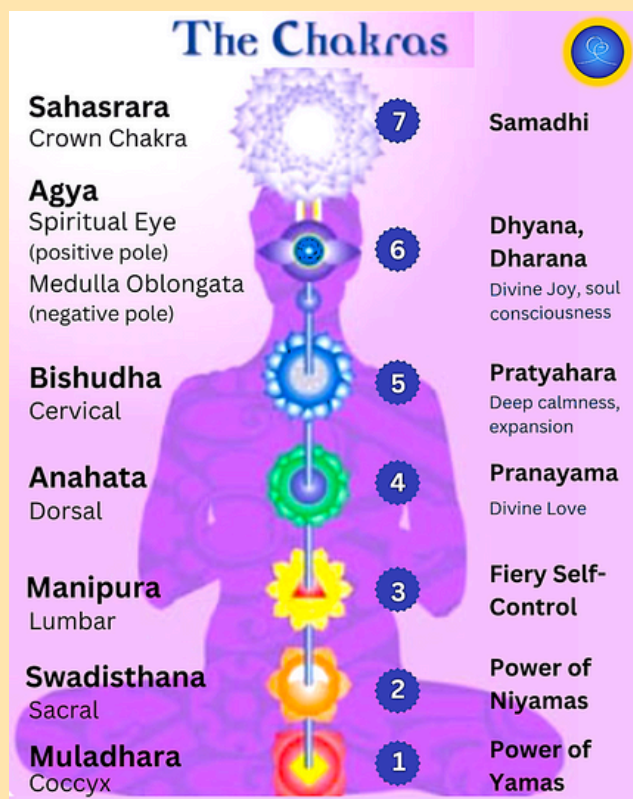




## DID YOU KNOW



The key to spiritual awakening lies within the astral spine in the chakras also known as the spinal centres. The seven chakras and their connecting plexuses in the spine are energy centers that radiate life – giving light and energy. Beyond their physical roles, the chakras also serve as locations of our psychological tendencies, habits, and desires. It is important to work with chakras as a holistic system.



While yoga postures and pranayama offer significant benefits, more subtle practices lead to liberation and bliss. Patanjali's Yoga Sutras outline the eight-fold path, addressing both gross and subtle states for self-realization.

The energy in the body must be harmonized to the point where it is reversed, that is no longer outward toward the senses but inward and upward to the center of higher consciousness, to the point between the eyebrows. Withdrawing energy from the Muladhara Chakra strengthens adherence to the Yamas; the *don't's* of the spiritual path and from the sacral center supports the Niyamas; the *do's* of the spiritual path.

Redirection from the lumbar center develops fiery self-control, whereas directing heart vibrations to the spiritual eye evokes Divine Love. While the throat chakra vibrations bring calmness, focusing at the eyebrow point leads to divine joy and soul consciousness. A permanent shift of ego to the spiritual eye opens a channel to the Crown Chakra (Sahasrara) to Samadhi.

**“Patanjali gives the eight-fold path of salvation and that is what all devotees of Yoga, all pursuers of the spiritual path, must use for their spiritual attainment”**

**~Paramhansa Yogananda**





## INSPIRATION FROM THE TEAM

In 2020, pandemic struck the world. Humanity was experiencing one of the most challenging times in history.

My personal challenges of managing daily chores, work, and a hyperactive toddler indoors 24x7 was overwhelming at times. I knew I wasn't being my best self. I often lost my cool with my son while seconds later drown in guilt.

A few months prior, my son had lost his grandfather. He couldn't understand what was happening or verbalise his feelings. He expressed his pent-up emotions by crying and throwing tantrums. I didn't know how to help him.

Every day, I played Swamiji's music and chants to him. He loved it and I found it healing. I decided to send him divine healing light after my daily meditation. I thought sending him Light would change him.

But, over the following days I saw a profound change in myself! I no longer reacted hastily. I responded calmly with patience during his tantrums. A shift in my energy transformed me. We bonded like never before. This was one of the most beautiful gifts from the Master.

This experience taught me the power of the divine healing light. It has helped me navigate challenging relationships ever since.

~By Devika Mittra


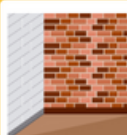






## ACTIVITY CORNER



Activity-based on the song written by  
Swami Kriyananda

enjoy!

Song: Thy Light Within us  
1. Freedom 2. walls 3. Soar 4. Sheep  
5. Ray 6. Heart 7. Night 8. Day

 F-----m	 W---s	 S---	 S----
 R--	 H----	 N----	 DAY

Choose the correct song of Swami Kriyananda that contains all the words depicted in the above pictures (e.g. Day).

1) The Light That Was Christ	2) Give Me Light
3) Thy Light Within Us	4) Lightly I Fly



# CREATIVE CORNER



**“Both individually and in groups, send out waves of light into the world through prayer. At this critical time in history, what the world needs, what we need, is light. Let us find it within and everywhere.”**

**Painting by Nayaswami Jyotish - The Light of Love**



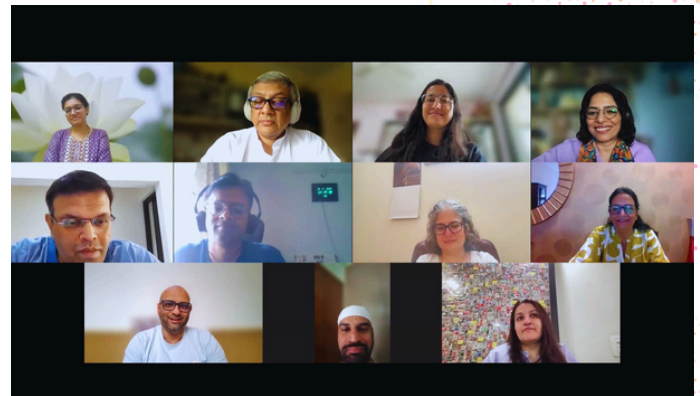




# NEWS FROM THE LAST 30 DAYS OF EVENTS

## 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 Principals.' Our most awaited workshop was attended by 17 enthusiastic participants. The classes are progressing well.



### 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/>







# UPCOMING EVENTS

## 1. 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>

## 2. Concentration hacks for thriving & meditating in a distracted world

An event by Nayaswamis Gyandev and Diksha

*All Yoga and Meditation teachers are exclusively invited for this special Satsang*

**When:** Monday, 25th Nov

**Timings:** 8:30 PM to 9:30 PM IST

**Free Registration link:**

<https://us06web.zoom.us/join/register/tZwtc-uvrz0jHNBaw4ZfjiBrT8lH7nMfndja>

**FREE EVENT**

**Concentration Hacks for Thriving & Meditating in a distracted world**

**Monday, 25th Nov**  
**8:30 to 9:30 pm**

**Register Now**

with **Nayaswami Gyandev & Nayaswami Diksha**  
 Contact us at: +91 9158002726 / [yoga@anandaindia.org](mailto:yoga@anandaindia.org)

# Contributors



**Project Manager and Technical Support: Amruta Dubal**

**Content Writers: Devika Mittra & Mary Agnel**

**Editors: Helen Toraskar & 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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