

# Yoga Tyati



NEWSLETTER

DECEMBER 2024



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





LOVE

DECEMBER 2024 EDITION



# SUPERCONSCIOUS CORNER



Paramhansa Yogananda's guru, Sri Yukteswar, wrote that one cannot take a single step on the spiritual path "without the natural love of the heart."

What is the natural love of the heart? Is it human love? Romantic love and attraction? Love for family members? The only love that is native and natural to all hearts is Divine Love. We were made from that love. We don't need to create it or develop it.

Patanjali, in his Yoga Sutras, describes how we strayed from our natural state and the means to return to our native Home. He defined yoga (divine union) as "yogas chitta vritti nirodh." Yoga is the neutralization of the "waves of the feelings of the heart." Those chitta, vrittis, or agitated feelings, are the many unnatural emotions that invade our peace of mind: fears, desires, likes and dislikes, and anxieties - they become a thick veil covering the natural love of the heart.

The great sages gave us meditation techniques to help us turn agitated feelings into deep, calm feelings. When that calm feeling is directed towards God, we rediscover Divine Love. The way to divine freedom is this simple: calm feelings lead towards Divine Love whereas agitated and restless feelings enmeshes us in delusion and suffering. We must always remember that Divine Love is our true and natural state! We don't need to attain it, achieve it, or create it. It is already within us, waiting only to be discovered in devotional meditation.

*"Ordinary love is selfish, darkly rooted in desires and satisfactions. Divine love is without condition, without boundary, without change. The flux of the human heart is gone forever at the transfixing touch of pure love."*— Sri Yukteswar, in *Autobiography of a Yogi*

~By Nayaswami Devarshi





# INSPIRATION'S CORNER

*“This is my Christmas song of Love to you all. Through daily meditation prepare the cradle in your consciousness and behold the Infinite Baby Christ laid there anew. From today, until Christmas pray deep and long until every day becomes a true Christmas Day of Christ-communion.*

*Spiritualize the social, ceremonious Christmas celebration around the Christmas tree of material gifts with other true souls of universal brotherhood. Exchange spiritual gifts of soul-endearing qualities of love, peace, joy, and forgiveness.”*

*~Paramhansa Yogananda*

*(Source: The Inner Culture Magazine, October 1940)*



*“Could it be that in that little one, spirit’s universal love did shine; If it’s true, He lives in you and me, whom men call the son of Mary. Who’ll tell to me this mystery: how a tiny babe in a manger laid, could so many hearts to love persuade? This holy son of Mary.”*

*~Swami Kriyananda*

*(The Christmas Mystery composed by Swami Kriyananda and sung by Ananda Choir)*







# MEDITATION INSIGHTS



The prayer, 'Our father in heaven. Hallowed be thy name,' is a powerhouse for comfort and strength to thousands of people. Prayers and meditation are powerful tools that connect us to our Higher Consciousness. When we connect to God through prayers, our heart expands. It shifts our consciousness from worldly burden of stress, hurt, attachment, and anger to an experience of calm peace. Divine Love then flows through us and we become a blessed channel of God's Love & Joy!

Neurotheology, a field of study is exploring the relationship between the brain and religious or spiritual experiences during meditation to understand what happens in the brain during deep spiritual/meditative experiences.

Research studies show that spiritual experiences activate a complex network of brain regions, further demonstrating their impact on cognitive, emotional and sensory elements. Deep and intense prayer enhance the brain's capacity to process complex thoughts and emotions. By influencing the activity of the frontal lobes, amygdala, and other brain regions, prayers improve the ability to focus, regulate emotions, reduce stress, and ultimately transform the brain



Prayers are conduit to Divine Love. They open our hearts to the power to receive & give Love. As we attune ourselves to the Divine Love, we begin to nurture the qualities of compassion, empathy, forgiveness, and kindness. Ultimately, this profound transformation helps us attune with the Christ consciousness and the Divine within us. '

**Anyone who does not Love does not know God, because God is Love' -  
Paramhansa Yogananda**

Written By Devika Mittra



# DEVOTEE'S CORNER



**“Only love can take my place.” ~ Paramhansa Yogananda**

These words of Master are a reminder that He is synonymous with Divine Love. When Love arises in our hearts during meditation, service or interactions, isn't it easier to tune in to Master? The Love we feel is in fact his grace flowing and expressing itself through us.

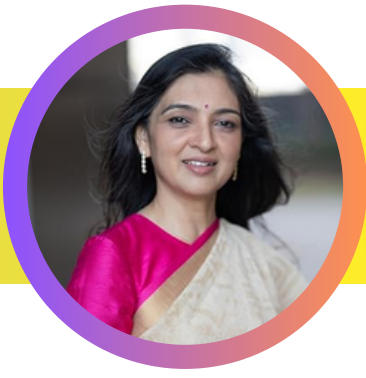
Then again there are moments when this Love is temporarily drowned in waves of hurt or agitation triggered by outward circumstances. At that moment, I remind myself of a simple choice; to be with Master in His vibration, or to give greater importance and energy to the outer situation where I often have no control. When my emotions are too strong, I look into Master's eyes and simply offer it to Him.

One such night, during a challenging phase in my life, I was unable to overcome the trap of an emotional whirlpool. I offered up that heavy feeling to Master, earnestly praying to Him. The depth of the hurt brought forth an intensity in my prayer that I had never experienced before. I slept with the Autobiography of a Yogi next to me. To my amazement, I woke up the next morning feeling drastically different. I felt as light as a feather with so much love in my heart for Master and for the life flowing through me. That heavy feeling never returned.

That day, I realized that Master is the nearest of the near, the dearest of the dear. I am so grateful for that challenge in my life, helping me experience the magnitude of his ever-flowing, ever-present and unconditional love.

~By Divisha Gupta





# INSPIRATION FROM THE TEAM



Love has many names. The core characteristic of Love, expressed in any form, is so pure and divine that a tiny drop of this potion can fill us with happiness till eternity. A source of Love for one person becomes his resource to give Love to others.

For some people, their parent's Love is a source of enthusiasm, deep affection, and positivity which they share with other people, while the Love from a partner, sibling or even a friend becomes a source for some to give Love to others. The balance between this demand and supply of unconditional Love represents the source and the resource, which creates a magic potion in our lives.

But in reality, the main source of this elixir is the Divine Mother! Her Supreme love is hidden behind every love that nurtures us and gives us strength when the going gets tough.

Divine mothers Love fuels our lives and fills our heart through people, becoming our source of Love. We all are pearls, strung together by Her Love.

In gratitude we bow to Thee Lord for Thy boundless Love bestowed upon us in your discreet ways!

~By Preeti

## PEARLS OF WISDOM



The following excerpt from Healing with Life Force- Teachings and Techniques of Paramhansa Yogananda by Nayaswami Shivani Lucki

*“My Infinite Beloved. I know that Thou art nearer than these words with which I pray; nearer even than my nearest thoughts. Behind my every restless feeling, may I feel Thy concern for me, and Thy love. Behind my awareness, may I feel sustained and guided by Thy consciousness. Behind my love for Thee, may I become ever more deeply conscious of Thy love.”*

*If you continuously pray to him in this way, and if you pray with all sincerity, you will feel His presence suddenly as a great joy in your heart. In that bursting joy you will know that He is with you, and that He is your very own.*

~Paramhansa Yogananda







## DID YOU KNOW



Did you know neuro cardiologists and many other scientists believe the heart, which constantly shares information with the brain, has a brain of its own?

Dr. J. Andrew Armour introduced the term, "heart brain" in 1991. He showed that the heart's complex nervous system is similar to the neurons in the brain.

The Heart Math Institute's signature work (HMI) in the area of the "Science of the Heart", discovered that the heart brain, like the brain proper, has an intricate network of several types of neurons, neurotransmitters, proteins and support cells. The heart brain can act independently to learn, remember, feel, and sense. The heart communicates with and influences the cranial brain via the nervous system, hormonal system, and other pathways. As a result the brain function is profoundly affected, as also most of the body's major organs, ultimately determining the quality of life.



## Did you know?



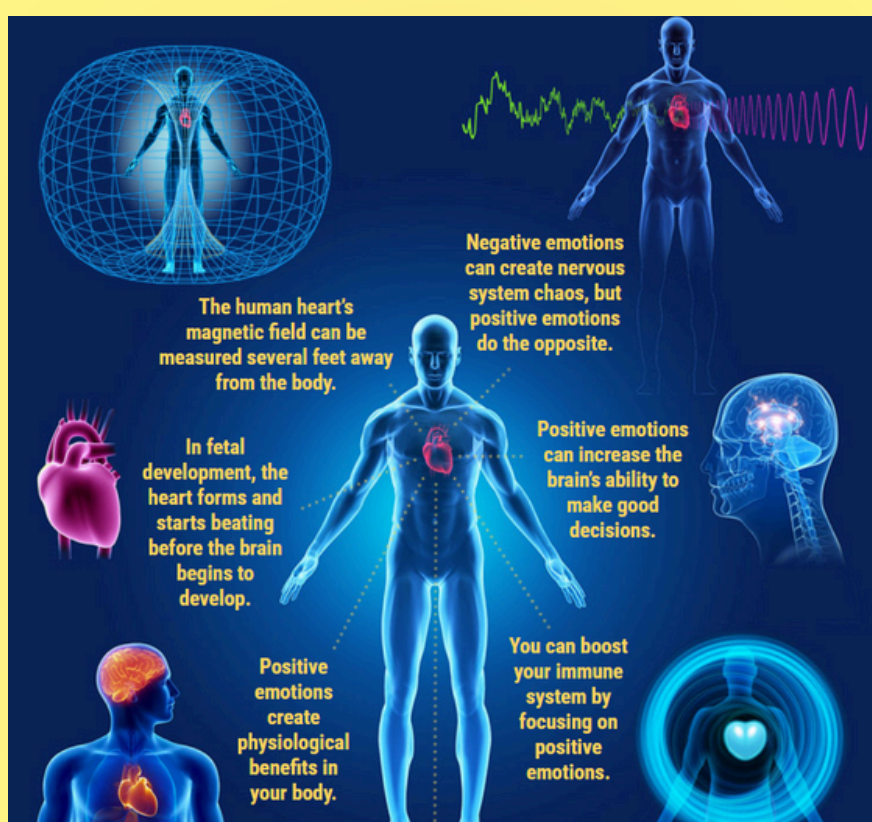
Your heart emits an electromagnetic field that changes according to your emotions.

Others can pick up the quality of your emotions through the electromagnetic energy radiating from your heart.

### Heart-Brain Factoids

- ▶ The heart has a system of neurons that have both short- and long-term memory, and the signals they send to the brain can affect our emotional experiences.
- ▶ The heart sends more information to the brain than the brain sends to the heart.
- ▶ Coherent heart rhythms help the brain in creativity and innovative problem-solving.

Researchers at HMI discovered that the heart could also be an access point to a source of wisdom and intelligence. They found that by intentionally experiencing positive emotions (e.g. compassion, kindness, love), one can change the information the heart sends to the brain, and achieve a state of cooperative alignment between the heart, mind, emotions, and physical systems called "Heart Coherence." HMI research studies indicate that heart coherence can benefit a person with increased vitality, reduced stress, enhanced mental clarity and intuitive capabilities, and decision-making.



One of the tools to achieve the state of heart coherence are heart-centered yoga postures infused with an enthusiastic way of thinking, feeling and healing. The Ardha Matsyendrasana is a deep-seated half spinal twist that brings prana (energy or life-force) up the spine into the heart chakra, awakening feelings of love and compassion. Combined with the asana's uplifting, expansive affirmation, "I radiate love and goodwill to soul-friends everywhere", every cell of the body is filled with positive vibrations, thus assisting the heart and the brain achieve their optimal state of coherence.

~By Mary Agnel



# ACTIVITY CORNER

The Activity is a Word Puzzle based on the Autobiography of a Yogi related to Jesus Christ!

**AOY PUZZLE WORDS  
RELATED TO JESUS CHRIST**

**Across**

- 2 The angel said unto him, fear not. thy wife --- shall bear thee a son
- 3 Jesus in his last incarnation was named ---
- 4 Jesus said: the --- was made for man, and not man for the sabbath.
- 7 And Jesus saith unto him, the --- of the air have nests
- 8 Jesus saith unto him, I say not unto thee, until seven times but, until --- times seven.

**Down**

- 1 The angel said unto him, fear not, --- for thy prayer is heard
- 2 John in his last incarnation was named ---
- 5 Elijah, Jesus, --- and other prophets were past masters in use of Kriya or similar technique
- 6 And Jesus saith unto him, the --- have holes



enjoy!



**ACROSS:** 2. Elisabeth, 3. Elisha, 4. Sabbath, 7. Birds, 8. Seventy  
**DOWN:** 1. Zacharias, 2. Elijah, 5. Kabir, 6. Foxes





# CREATIVE CORNER



**A short video by Paramhansa Yogananda with quotes on how a spiritual seeker should approach Christmas**



**A short play compiled from the original words by Paramhansa Yogananda's early disciples.**



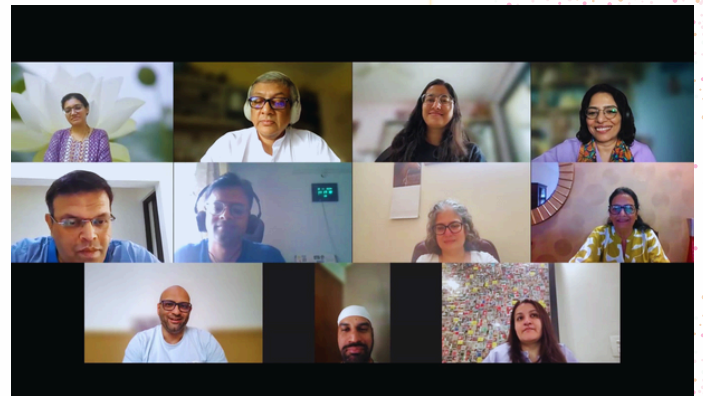


# NEWS FROM THE LAST 30 DAYS OF EVENTS



## 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.



### Weekly Offerings:

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

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

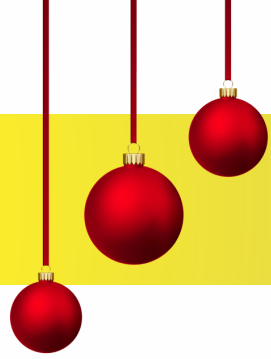
Registration and more information at:  
<https://anandayogaschool.org/ananda-yoga/>







# UPCOMING EVENTS



## 1. Ananda Yoga Teacher Training Programme (RYT -200 Hours)



RESIDENTIAL NEW YEAR RETREAT

### Design & Magnetize Your Goals

- ✔ Harvest lessons from 2024
- ✔ Set achievable goals
- ✔ Magnetically recharge every goal

Inspiration Reflection  
Meditation & Yoga  
Nature Walks  
Silence

Venue: Ananda Meditation  
Retreat, Watunde, Pune.



*Retreat Led By*  
Nayaswami Gyandev McCord  
& Latha Emmatty Gupta



Register: <https://anandameditationretreat.in/event/dmygoals-25-01/>

Call 9158002726

## 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.**

## 2. Residential New Year Retreat with Nayaswami Gyandev and Latha Gupta

### DWARAKA SOMNATH PILGRIMAGE

A Pilgrimage to Krishna's Dwaraka with a master story teller - Nayaswami Gyandev



*Enjoy Satsang, inspiration and restorative experiences of yoga, meditation and reflections that deepen your devotion and inner harmony.*

26TH JAN TO  
30TH JAN 2025

Register Now



## 3. Pilgrimage to Dwarka and Somnath with Nayaswami Gyandev





# Contributors



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**For Comments and Questions**

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