



Yoga Tyati



NEWSLETTER | FEBRUARY 2025



anandayogaschool.org





PEACE

FEBRUARY 2025 EDITION



SUPERCONSCIOUS CORNER

Peace is one of the earliest superconscious experiences felt. Even when we are just sitting on the mountain and gazing at the vast sky or the valley ahead, we can feel that peace, pause and serenity within but the challenge is to be able to retain that peace and pause within us at all times.

Paramhansa Yogananda says, “Peace, like a weightless waterfall, cleanses the mind of all anxiety and care, bestowing heavenly relief.”

When our awareness is completely outward then we fall prey to the fluctuations of life situations and to retain this peace within is difficult. However, if we meditate regularly then a part of our energy remains withdrawn in the spine and with the energies withdrawn our awareness also remains slightly inward and that helps us to feel and retain the peace within. Also, when we are peaceful, we become relaxed and in that relaxed state, it becomes easier for us to accept ourselves and our lives the way it is (as guided by God). This acceptance helps us to cleanse our heart and mind of all anxiety thereby helping us to retain this divine state of Peace, bestowing heavenly relief.

I have also personally felt that along with meditation, another quality that helps me to retain the peace, is abiding to right action. When our conscience is clear and when we know we are trying our best to abide to right thought and action, then it keeps our heart and mind at rest.

The experience or feeling of peace within is proof that God is with us. Swami Kriyananda never allowed this peace within to be disturbed, no matter how big the trouble. And this should be our goal as well if we want God’s presence to be with us always.

AUM

~By Sachi

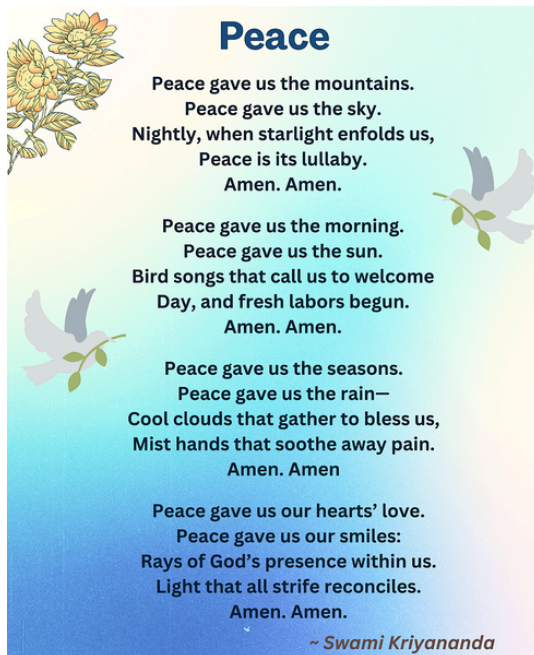


INSPIRATION'S CORNER

Below are comments tagged to this song in the Ananda Music Library and excerpts from books by Swami Kriyananda on the topic of Peace.

“We all can bring peace on earth if we think peace. That’s why I don’t want to stress the hard times and difficulties ahead. I want to stress divine consciousness. It’s because people are out of tune with that divine consciousness that these troubles will come. The answer, therefore is not to get in tune with troubles, but to get back in tune with the divine consciousness. If we want peace on Earth, then we have to live in the consciousness of peace.”

Signs of a Higher Age’ by Swami Kriyananda



Peace

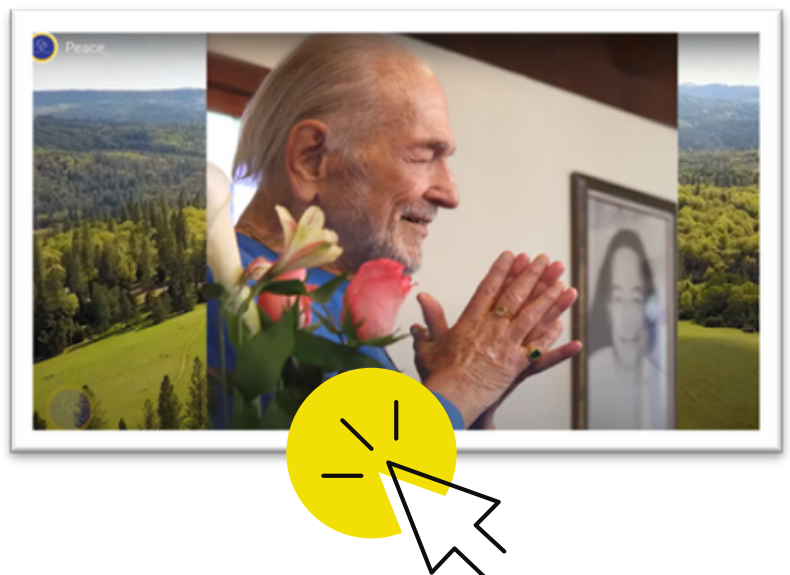
Peace gave us the mountains.
Peace gave us the sky.
Nightly, when starlight enfolds us,
Peace is its lullaby.
Amen. Amen.

Peace gave us the morning.
Peace gave us the sun.
Bird songs that call us to welcome
Day, and fresh labors begun.
Amen. Amen.

Peace gave us the seasons.
Peace gave us the rain—
Cool clouds that gather to bless us,
Mist hands that soothe away pain.
Amen. Amen

Peace gave us our hearts’ love.
Peace gave us our smiles:
Rays of God’s presence within us.
Light that all strife reconciles.
Amen. Amen.

~ Swami Kriyananda



“But this world is a miracle in itself. Your life is a miracle. You are a miracle. The more you walk hand in hand with Him, the more you will see that you will have peace always, in everything. No matter how badly things go, and sometimes He’s got a good sense of humor. Sometimes He’ll test you. But if you just accept it and go along, hand in hand, say, “I know You. You’re playing with me. It’s okay. If You want to beat me, it’s okay, I don’t mind.” But you’ll see, that in the end, everything works out. That’s why I’ve written this song, “Peace”. And as you hear it, you’ll see. It’s all on one note, but it’s much more than that, because it’s the note of that infinite soul of God.”

The Way of Awakening by Swami Kriyananda



PEARLS OF WISDOM

Peace by Paramhansa Yogananda

Peace flows through my heart, and blows through me as a zephyr.

Peace fills me like a fragrance.

Peace runs through me like rays.

Peace stabs the heart of worries and noise.

Peace burns through my disquietude.

Peace, like a globe of fire, expands and fills my omnipresence.

Peace, like an ocean, rolls in all space.

Peace, like red blood, vitalizes the veins of my thoughts.

Metaphysical Meditations

Peace, like a boundless aureole, encircles my body of Infinity.

Peace flames blow through the pores of my flesh, and through all space.

The perfume of Peace flows over the gardens of blossoms.

The wine of Peace runs perpetually through the wine-press of all hearts.

Peace is the breath of stones, stars, and sages.

Peace is the ambrosial wine of Spirit flowing from the cask of Silence,

Which I quaff with my countless mouths of atoms.

~Excerpt from the book 'Metaphysical Meditations'



MEDITATION INSIGHTS

“Practice the presence of peace. The more you do that, the more you will feel the presence of that power in your life,” said Paramhansa Yogananda.

This timeless wisdom by Guruji remains profoundly relevant in today’s chaotic world, where inner peace is a rare yet essential treasure.

Decades of scientific research validate the transformative power of meditation on the human mind. By calming both mind and body, meditation fosters a state of peace; reducing stress, enhancing emotional regulation, and improving focus.

During meditation, notable changes occur in the brain:

- The frontal lobe, responsible for reasoning, planning, emotions, and self-awareness—significantly decreases its activity allowing the mind to rest.
- The parietal lobe, which processes sensory information and orients us in time and space, slows down, reducing external stimuli.
- The thalamus, the brain's "gatekeeper" for sensory data, filters out unnecessary distractions, helping us focus more effectively.

Additionally, regular meditation lowers cortisol levels. The stress hormone thus calms the nervous system and promotes a state of peace and overall well-being.

Meditation fosters peace in two significant ways. Firstly, it reduces stress, regulates emotions, and helps us develop focus, empathy, and compassion. This not only enhances our emotional well-being but also strengthens our interpersonal relationships. Secondly, as the mental chatter begins to fade, meditation nurtures self-awareness, enabling us to observe our thoughts and emotions without judgment. This heightened clarity deepens our understanding of ourselves and the situations we face, creating a profound sense of inner peace.



Paramhansa Yogananda beautifully encapsulates this journey:

“Meditate and use your willpower steadily, day after day, week after week, year after year, until the cosmic silence of ages is broken, and you receive His answer. You will not have to wait for ages, for you will find in deep meditation that God's spirit of bliss will hover around you and talk to you through the voice of peace.”

In a world filled with noise and distractions, the practice of meditation offers a timeless pathway to reconnect with our inner calm and rediscover the power of peace within.

~ By Devika Mittra



DEVOTEE'S CORNER

“Within each one of us is an inner core of peace that we can learn to access at will.” Paramhansa Yogananda.

Peace is one of my favourite aspects of God. In my own journey on the spiritual path many decades back, my quest was not as much for seeking God as it was to find inner peace—within my heart and soul.

At that point in time, I never considered peace as God.

Life's challenges, ups and downs, emotional turmoil, doubts, fear, anxiety about the future, regrets of past actions, never living in the present moment—this felt like a battlefield. I was desperately looking for a way out.

Then, Ananda came into my life like a saviour as I stepped into its warm fold and a new page opened for me. Paramhansa Yogananda's teachings on kriya yoga were like an anchor in my stormy life. Through these practices, I eventually found the inner peace that I was looking for.

I also understood Yogananda's words that we do not have to look for peace outside of ourselves; it is there within our core; in our soul and we can learn to touch it by diving deep in meditation.

When we touch the stillness within, all the worldly thoughts and the restlessness of the heart's emotions also dissolve in the light of peace. We find God in that light. This light creates an aura surrounding us—radiating and nurturing not only our own being but also those we come in contact with. In Swami Kriyananda's words, “True peace is never passive. It is like nourishing rain that sustains whatever life it touches.”

~By Ratna R. Choudhury



DID YOU KNOW

Did you know that balancing the three doshas—Vata, Pitta, and Kapha—can enhance the yoga practice by aligning the body, mind, and spirit?



SARVANGASANA - SHOULDERSTAND *Queen of Asanas* *Tri-Doshic Posture*

- ▶ **Vata Dosha** tones the pelvic region, alleviates constipation, strengthens bones, calms the mind and heals nervous system disorders
- ▶ **Pita Dosha** flushing of vital organs - liver and spleen, relieving chronic headaches, balancing hormones, healing ulcers, and soothing GI tract inflammation
- ▶ **Kapha Dosha** Enhanced circulation, core strength, boosts digestion, balances thyroid glands, flushes kidneys, relieves asthma, cold, and congestion

Overall, Sarvangasana exerts a peaceful, harmonizing influence on the entire body and mind

“God’s peace now floods my being.”

In Ayurveda, the fundamental components of the material world consist of the five elements: ether (space), air (wind), fire, water, and earth. These elements combine with one another to form intelligent life principles called doshas. The doshas govern all the processes in the human body and are responsible for certain physical and behavioural traits.

The air and space elements combine to form the Vata dosha that governs the nervous system. Fire and water elements combine to form the Pitta dosha that controls the digestion. The earth and water elements combine to form the Kapha dosha, governing growth, lubrication, and immunity.

The proportion and balance of the three doshas fluctuate according to various factors like environment, diet, and age, thus affecting our mental and physical well-being. Therefore, understanding the characteristics and applications of each dosha allows us to make informed choices that enhance our well-being and support our yoga practice. Together, yoga and Ayurveda offer a holistic approach for optimal physical health and emotional wellness that facilitate a state of peace and calmness within.

Different doshas require specific yoga styles. People having the Vata dosha benefit from slow-paced practices and backward bends for balance. The Pitta dosha individual needs emotionally relaxing asanas, with forward bends to cool down. The Kapha dosha thrives on energizing and warming practices, with twists to stimulate digestion.

According to Ayurveda, Sarvangasana (Shoulder stand) is known as a tri-doshic posture, as it helps pacify all three doshas. It is highly beneficial for calming and grounding the Vata dosha. It soothes the nervous system and helps balance the Pitta dosha. Sarvangasana, as a yoga posture, offers numerous benefits to balance the Kapha dosha; it boosts digestion, balances thyroid glands, flushes the kidneys, provides relief from asthma, colds, and congestion.

At a deeper energy level, Sarvangasana magnetises the Vishuddha chakra; the centre of pure consciousness and creativity. This chakra being associated with the element of akash or space, opens up the possibility of an expansion of perspective. It also allows the body and mind to experience stillness, a sense of harmony, and peace.

When Sarvangasana is performed at the end of the yoga practice, hold the asana calmly and easily, lifting not just the body, but also the consciousness; awareness becomes a chalice to receive the blessing of divine Peace and affirm: “God’s peace now floods my being.”

~By Mary Agnel



INSPIRATION FROM THE TEAM

Today the world is in turmoil. Social media and the daily news depict ongoing conflict and violence worldwide. Oftentimes, this conflict infiltrates our personal relationships with the least upset evolving into a major argument between those closest to us. How is it possible to overcome such outside negativity and to find inner peace in our daily lives?

I was brought up in a family which encouraged spirituality. In the past, I had read about yoga and bought books describing the asanas. I had also participated in local classes on meditation. Yet, I always felt there was something missing from my yoga practice.

A few years ago, I was facing challenges, which I felt were beyond my control. I recall how that day, and the days before, had been particularly difficult for me. I unrolled my yoga mat with a heavy heart and proceeded with my practice. Slowly, I positioned myself into Virabhadrasana II. At first, I concentrated on my pose according to the instructions in the yoga book. Then, I closed my eyes, hearing only the sound of my breathing in the silent room.

I don't know how long I maintained Virabhadrasana II but after some time a strong, calm feeling descended upon me. The longer I held the pose, the more intense was the calmness within. Upon exiting the pose, I stood completely still, overcome by a feeling of great peace. I felt as if an immense weight had been lifted off me. The peacefulness continued all day and into the following days. With a calm mind, a solution was found for the challenges I was facing.

According to the teachings of Ananda Yoga School of India, a powerful connection exists between the position of the body, the attitudes of the mind and the soul. Thus, the yoga postures are not simply a system of physical exercises but are 'meditation in movement' which creates a 'state of consciousness' for the practitioner. Ananda Yoga recommends following yoga practices to enhance a sense of inner peace, contentment and joy.

Much later in my life, when studying the 'Art & Science of Raja Yoga' I learned that "Peace is one of the goals of yoga. It is, indeed, one of the silent aspirations of every heart." That day, it certainly was, and remains an aspiration of my heart.

~By Helen Toraskar



ACTIVITY CORNER

'The Peace Treaty' is a screen play written by Swami Kriyananda. It is a poetic and profound play filled with humour and intrigue. Starting with the victorious conclusion of a righteous war, the play opens with the leaders from the five clans of Crystal Island attempting to craft a lasting peace. But pride, vengefulness, and selfishness intervene. Gradually, it becomes clear that what is really needed is a transformation in human consciousness. The Peace Treaty reflects the tension and unrest of our own times, and offers a solution. If we want peace on earth, expansion of our sympathies is the means.



'The Peace Treaty'
Word Scramble

- 1 YSHMEATT _____
- 2 TLSRACY _____
- 3 AURZE AZURE
- 4 TRYOPE _____
- 5 MEDLERA _____
- 6 RTSYRAC _____

1. Clan that specialized in Philosophy
2. Island name where the clans lived
3. Clan that invaded Clan Topaz
4. Clan Azure specialized in
5. Clan that specialized in Dance
6. Who wrote the peace treaty

Answers: 1. Amethyst, 2. Crystal, 3. Azure, 4. Poetry, 5. Emerald, 6. Crystar



CREATIVE CORNER



Paramhansa Yogananda referred to Saint Francis as his patron saint because of Francis' love for Christ.



The Peace Prayer of St. Francis is a famous prayer which first appeared around the year 1915 A.D., and which embodies the spirit of St. Francis of Assisi's love, peace, simplicity, and poverty. The anonymous text is usually called the Prayer of Saint Francis, Peace Prayer, or Make Us An Instrument of Your Peace.

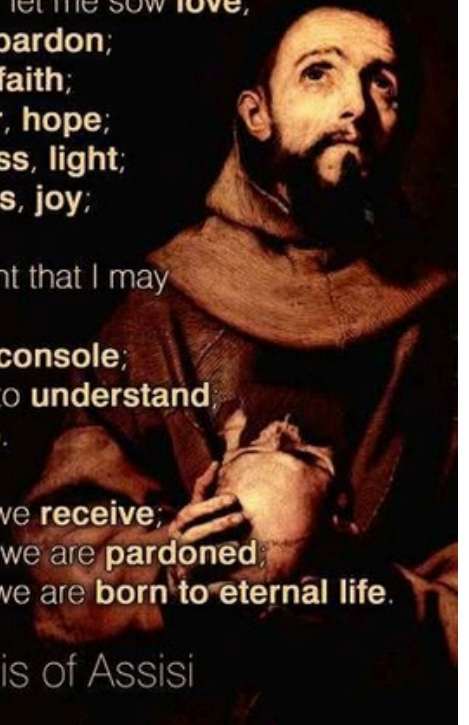


Lord, make me an instrument of your **peace**,
Where there is **hatred**, let me sow **love**;
where there is **injury**, **pardon**;
where there is **doubt**, **faith**;
where there is **despair**, **hope**;
where there is **darkness**, **light**;
where there is **sadness**, **joy**;

O Divine Master, grant that I may
not so much seek
to be **consoled** as to **console**;
to be **understood** as to **understand**;
to be **loved** as to **love**.

For it is in **giving** that we **receive**;
it is in **pardoning** that we are **pardoned**;
and it is in **dying** that we are **born to eternal life**.

Prayer of St Francis of Assisi



Enjoy this small skit on three episodes of St. Francis of Assisi's life, performed at Ananda Pune.





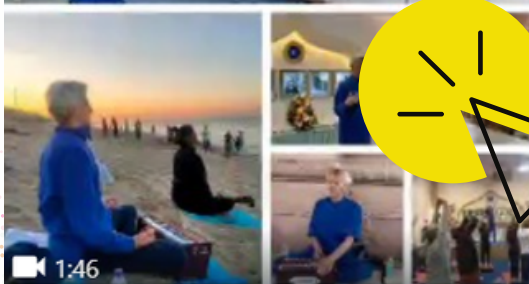
NEWS FROM THE LAST 30 DAYS OF EVENTS

Programmes with Nayaswami Gyandev in Pune, Delhi NCR. and a Pilgrimage

Different Yoga and meditation sessions were conducted at Ananda Meditation Retreat, Watunde, Ananda Pune, Ananda Gurgaon, Ananda Delhi and Ananda Janakpuri and a pilgrimage to Somnath and Dwarka



Here is a small video of Gyandevji's visit to India. Enjoy!!



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

Or Contact: +91 9158002726



anandayogaschool.org

