



September 2025

# Yoga Tyoti



Ananda Yoga Magazine

## Message from the Directors

The Ananda Yoga School of India has recently moved into a new phase of expression. This coming year, we will focus more on establishing Ananda Yoga's reach in Ananda India centres with Kriya Yoga practitioners, public events/programs and opening different opportunities for teachers to share Ananda Yoga in various ways.

Amit & Anandita



# PATANJALI'S ASHTANGA YOGA

*"Patanjali speaks of God as the actual Cosmic Sound of Aum heard in meditation."*

Autobiography of a Yogi by  
Paramhansa Yogananda.

The Autobiography of a Yogi is a doorway to the teachings of self-realization and spiritual enlightenment that can be seen as a form of higher education and inner fulfilment of joy and happiness. In his autobiography, our Guru, Paramhansa Yogananda, has stated that Patanjali is the foremost exponent of yoga and an avatar, sharing his pearls of wisdom on yoga sutra, meditation and kriya sadhana.

With hatha yoga as the mainstream approach to yoga asanas for physical wellness, the study and daily application of the eight limbs of Ashtanga yoga as explained by Patanjali, are pivotal for every yogi to build a foundation to deepen their meditation and kriya sadhana. The 8 limbs as explained under Patanjali's Ashtanga yoga are Yama (Moral discipline), Niyama (Self-discipline), Asana (Yoga postures), Pranayama (Breath control), Pratyahara (Withdrawal of the senses), Dharna (Concentration), Dhyana (Meditation) and Samadhi (Enlightenment).





In our quest for perfect harmony in relationships and a balance between spiritual practice, personal responsibilities and professional commitment, the struggles can be overwhelming. Challenges or obstacles intimidate us only if we don't surrender them to our Guru as his disciples and are unable to keep our attention focused at the spiritual eye through the day's activities.

To stay in continuous attunement with our Higher Self, and keep our attention inward and upward at the point between the eyebrows, is possible by living and practicing Patanjali's teachings of Ashtanga Yoga alongside the practice of meditation and kriya yoga.

In order to deepen our understanding and motivate each other to stay aligned with the teachings of Patanjali's eight limbs of Ashtanga and yoga practice, the Yoga Jyoti newsletter will be a journey of inspiring articles and creative insights on one limb at a time in every issue for the coming months.

With joy and gratitude in our hearts, we bring you the Yoga Jyoti second edition newsletter – The Eight Limbs of Patanjali's Ashtanga Yoga.

This month's newsletter is on the theme Yama.

### Yoga Sutra 2-28:

*By the practice of the several limbs of yoga, impurities disappear, and the light of pure wisdom and discrimination dawns.*

~ Excerpt from Demystifying Patanjali  
by Swami Kriyananda



# YOGA PHILOSOPHY

Patanjali's Ashtanga or "Eight-Limbed" Yoga is the cornerstone of the science of yoga, and serves as a structured guide to enlightenment. The eight limbs being Yama, Niyama, Asana, Pranayama, Pratyahara, Dharana, Dhyana & Samadhi.

Swami Kriyananda explains in the book 'The Art and Science of Raja Yoga' that the first two stages, Yama (control) and Niyama (non-control), are necessary for any real progress in the yoga postures. And without them, the postures simply become a system of calisthenics.

Let us explore how we can bring Yama into our Asana Practice.

## Ahimsa

**Non-violence** or harmlessness: It involves listening to our bodies and choosing comfortable variations in poses rather than forcing ourselves into full expression of the posture. Ahimsa promotes kindness and respect for our bodies, fostering a sustainable practice and self-discovery. By releasing unrealistic expectations and negative self-talk, our bodies are encouraged to cooperate, showing that they are a pathway to freedom and not an obstacle.

## Satya

**Non-lying or truthfulness:** It suggests we work at our own level and honour where we are each day without judgment. By being inwardly aware of our body, we find that we can master the body in proportion to our awareness. For example, while practicing stretching poses, we can concentrate on the tension that prevents us from stretching further. By focusing on the tension, we can confront and release the obstructions rather than ignore them. Complete awareness is essential for mastering yoga postures.

## Asteya

**Non-stealing, non-covetousness:** We can embrace the idea that all the universe's energy is already ours to command. We can mentally open ourselves to its flow and direct it through our bodies using our will. Additionally, we can radiate it outward in harmony and blessings to everyone, for it is not enough to merely cease taking from the ocean of life, as the soul naturally seeks to expand outward to infinity.



## YAMAS



Ahimsa - Non-violence

Satya - Non-lying

Asteya - Non-stealing

Brahmacharya - Non-sensuality

Aparigraha - Non-greed



ahimsa  
non violence



satya  
truthfulness



asteya  
non stealing



brahmacharya  
senses moderation



aparigraha  
non hoarding



## Brahmacharya

**Non-sensuality,** not wasting energy: One approach is to engage our core muscles and initiate movement from our centre. Activating the core muscles, our body's powerhouse, helps conserve energy and enables our limbs to move with greater fluidity and freedom. Allowing our breath to guide us is another effective method. Moving in harmony with our breath, supports our movements and fosters ease in our bodies. Finally, we should focus on directing the body's energy upward to the brain, avoiding any loss through physical and mental tension or restlessness.

## Aparigraha

**Non-greed, non-attachment:** It means releasing attachment to outcomes and focusing on the present. Rather than forcing ourselves into advanced poses or seeking external validation or comparing ourselves to others, we respect our bodies' limitations and find contentment in the moment. This approach fosters a profound sense of self-acceptance and inner peace as we develop resilience and adaptability both on the mat and in our everyday lives.

In Summary, the Yamas are universal moral principles that can lead us to a virtuous and harmonious life. Patanjali calls them the Great Vows.

**Yoga Sutra 2:31** | These accomplishments, being not limited to any time, place, or circumstance, are the Great Vows.

Swami Kriyananda in his book '**Demystifying Patanjali**' wrote, "Anybody who wants even peace of mind, let alone those who want to find God, would do well to follow them."



# MEDITATION - Art & Science

*Patanjali defines Yoga in the Yoga Sutras as: “Yogas chitta vritti nirodhah”—Yoga is the neutralization of the waves or vortices of feelings.*

The real cause of our bondage is the strong likes and dislikes within us. The whirlpools of attachment, fear, and desires, disrupt the natural flow of energy in the astral spine, pulling our awareness downward and outward toward the senses. When these ego-driven waves of feeling are calmed, our energy flows inward and upward. Our state of consciousness always depends on the direction and quality of this energy. When energy flows upward, the heart opens, and we feel joy, calmness, and connectedness with the Divine. Conversely, when energy flows downward, we feel drained, restless, and disconnected from our true Self.

Swami Sri Yukteswar in his book ‘The Holy Science’ explains that until one has attained inner calmness, the vrittis (inclinations, desires and attachments) not only assume many outward forms, but also draw one into the depths of innumerable delusions. According to our vrittis, we may tread the downward path to further suffering, or the upward, to eventual bliss in Him.

Swami Kriyananda beautifully said:

*“The main—indeed, the only important thing—on the spiritual path is to calm the emotions. Calm feeling is love, which unites the soul with God. Restlessness or agitated feelings, on the other hand, disrupt our vision and prevent us from realizing that, in our true reality, we are manifestations of the eternal stillness of God.”*







Thus, learning to work with our awareness and consciousness is central to spiritual life. And this is where the Yamas and Niyamas play the role as they are the essential tools for developing the right attitude for spiritual advancement. Known as the five restraints, the Yamas guide us on what we should not do, helping us identify attitudes and tendencies that cause restlessness and agitation within. The five Yamas—non-violence, truthfulness, non-stealing, moderation, and non-possessiveness are practical guidelines for inner harmony. By following them, the mind and the heart gradually become purified.

Swami Sri Yukteswar said that Virya or Moral Courage is strengthened by observance of Yama (morality or self-control) and Niyama (religious rules). And that by the practice of Yama and Niyama, the eight shortcomings of the human heart (hatred, shame, fear, grief, condemnation, race, prejudice, pride of pedigree, and a narrow sense of respectability) disappear and virtue arises. Man, thus becomes a Sadhaka, a true disciple, fit to attain salvation.



# Healing & AFFIRMATION

**Chronic fatigue** is one of the most widespread ills of our age.

The man who can simplify his life and marshal his energies to do a few things well, instead of scattering his forces restlessly to the winds, will find that he has more than enough strength for whatever he has to do.



A technique for drawing energy into the body is to stand facing the sun.

Raise your hands above your head. Feel the warmth of the sun striking your forehead at the point between the eyebrows, and the palms of your hands. Feel that you are drawing warmth and energy into your body through those “windows”. After some time, turn your back to the sun, and feel its warmth upon the area of the medulla oblongata (at the base of the brain). Keep your hands raised above the head. Again, draw the sun’s rays into your body.

~ Excerpt from ‘The Art and Science of Raja Yoga’, by Swami Kriyananda

**Affirmation: “I recall my scattered forces to recharge my spine”**

*Excerpt from, The Art and Science of Raja Yoga by Swami Kriyananda*



# Sattvic Diet

On the yogic path, one should endeavour to introduce into one's diet, foods that are wholesome rather than stimulating. Try to avoid, as much as possible, acid-forming foods like meat, coffee, sugar, and white flour products.

## The Art and Science of Raja Yoga

~ By Swami Kriyananda



### Recipe

A wholesome tea made by boiling 6 black peppercorns, 4 whole cardamom pods, 3 cloves, cinnamon stick, and a slice of ginger root in 10 ounces of water for about 20 minutes. Strain. Serve with honey, if desired.

Nayaswami Diksha shows how to make a variety of healthy, healing teas using fresh and dry herbs for cleansing, calming the nervous system and good digestion.





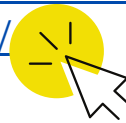
# Pearls of Wisdom

**“Every ego-inspired act, moreover, inspires a reaction, but to yoga practice there is no such dualistic reaction, for it is directed towards the termination of karmic activity.”**

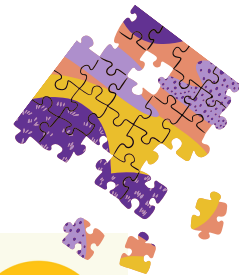
*Essence of the Bhagavad Gita as explained by Paramhansa Yogananda and as remembered by his disciple Swami Kriyananda*

**Blog by Nayaswami Jyotish:**

<https://www.ananda.org/jyotish-and-devi/godly-qualities-checklist/>



## Activity Corner



### Word Scramble - YAMA

Unscramble the letters in the words below.



1. MHSAAI

A H I M S A

2. NEVEEENBLCO

o

3. EIUSNLOD

U

4. STEUHLTSUFRN

H S

5. SESVNOOCSTEU

E S

6. IEATDRUTG

A E

7. DSMENRUTTA

A D

8. NUFEMFLILT

L T

ANSWERS: 1. AHIMSA, 2. BENEVOLENCE, 3. DELUSION, 4. TRUTHFULNESS, 5. COVERTOUSNESS, 6. GRATITUDE, 7. TRANSMUTED, 8. FULFILLMENT



# News from THE TEAM

Here are some updates from Ananda Yoga India Department.



## Ananda Yoga India



### New Team - Core Teachers



Sachi,  
Ananda Delhi



Sandhya,  
Ananda Hyderabad



Medha,  
Ananda Yoga India



Amruta  
Ananda Yoga India



Sanjyot  
Ananda Mumbai



Amit Rana  
Ananda Gurgaon

### Social Content Creators



Pradnya  
Ananda Pune



Sanjyot  
Ananda Mumbai



### Upcoming Projects

**For Centres:** 6 Ananda Yoga short flows/videos to follow along or syllabus to include in L2 classes. (Coming Sept/Oct 2025)

**For Teachers:** Reconnect- Ananda Yoga Teachers Retreat to support and guide teaching journey (7-9 Nov, 2025, Watunde, Pune)

**For Centres:** Ananda Yoga Integration Training Module. How to lead beginners Ananda Yoga Postures and other practices such as EE, SCL, Meditations, Pranayama and Chanting. (Jan 2026)

**For Kriyabans:** Raja Yoga Deepening 3-4 weeks long course to integrate Ananda Yoga with Meditation and Yogic Philosophy routines along with the diet component (Coming Jan/Feb 2026)

~ In divine friendship, Amit and Anandita

### Yoga Magazine Content & Design Team



Project Manager &  
Technical Support:  
Amruta



Content Writers:  
Devika & Mary



Editors:  
Helen & Preeti



Designed by:  
Prepsa

