

July 2009 Edition Volume 4 No1

**EDITORIAL**

Namaste Dear Divine Gitananda Sadhak,  
 Welcome to the new look Gitananda Newsletter!  
 First up a big thank you to former Editor  
 Yogacharya Devidasan Giri for cheerfully carrying  
 out this tricky role for the last two years (all former  
 newsletters can be accessed via [www.gitananda-  
 australia.net](http://www.gitananda-australia.net)) with such ease and skill-a true  
 example of Yoga as 'skill in action'!

Well what a wonderful whirlwind  
 couple of months it has been since  
 Dr. Ananda's incredible debut tour  
 of Australia! The theme of this  
 newsletter comes as no surprise as  
**"Dr. Ananda's Tour of Australia"**  
 Such a gift to have the Ashram and  
 all of it's ancient wise Yogic  
 teachings brought right here to our  
 doorsteps via a very engaging and  
 sincere teacher. Dr. Ananda is a  
 Yoga Master in his own right and  
 yet the way he can relate to  
 everyone with such down-to-Earth  
 warmth and sincere humbleness is  
 inspiring.

Initially, I was somewhat  
 apprehensive about sharing this  
 role as editor (myself and Karen will be taking turns  
 so watch out for her editorial next newsletter!) as I  
 envisioned myself 'scratching' around to fill out a  
 newsletter desperately begging people to email me  
 articles...in reality it has been the opposite where I  
 have been overwhelmed by the response of  
 members with accounts and photos of their special  
 experience with Dr. Sir. The newsletter grew  
 swollen to the point where I had to 'cull' quite a  
 few contributions and so my sincere apologies  
 to those left out as all were heartfelt. Please do  
 keep the contributions flowing for our next  
 newsletter in Nov 09 where the theme will be:  
**"Yoga: A Way Of Life"**



Hope this finds you all well, happy and engaged in  
 some sort of Sadhana. I know for me how easily my  
 life tends to fill up full-to-the-brim of 'important'  
 things to do that really are not at all crucial and  
 actually totally 'useless' in terms of helping me grow  
 and evolve into a more God-realised soul, merging  
 with the Source, letting go of the ego...time spent in  
 Dr. Ananda's company was a bit like a sky hook  
 planting my feet back firmly on the ground,  
 reminding what is important and what is not-Viveka  
 (discrimination) as well as the incredible importance  
 of Satsang (coming together to discuss  
 'True' reality instead of the usual "Did  
 you hear.." gossip)

This Yoga path is by no means an  
 easy path but with some discipline and  
 focus it yields such sweet, sweet fruit.  
 Like being able to stop and fully  
 appreciate the Prana we breathe or  
 how the simple vibration AUM can  
 create such powerful Shanti within  
 us...the list, as you all know, goes on.  
 In fact, I would love to hear from you  
 what Yoga has brought to you but in  
 just one line! It's quite tricky to try and  
 sum it up in one line isn't it?!

Brew up a nice cup of chai and enjoy  
 reading about and all of the personal  
 experiences shared here as well as the  
 smiling photos of such special moments. I would  
 really urge you also to take some time out to read  
 and learn more about the core concepts of  
 Gitananda Yoga at: [http://www.gitananda-  
 australia.net/page11.php](http://www.gitananda-australia.net/page11.php)

Do take time to stop, smile and breathe deeply-we  
 are so very blessed!



Yours in Yoga,  
 Yogacharini Devaki,  
 Gold Coast





## NEWSLETTER FEATURES:

Individual's experiences of Dr. Ananda's Tour in

- Barwon & Geelong (Bernadette)
- Melbourne (Sri Bala)
- Sydney (Dr. Ananda's view)
- New Zealand (Bernadette)
- Gold Coast (Dawn)
- Brisbane (a multitude of contributions and experiences)
- Contact details of Gitananda Teachers
- Books and DVDs



## BARWON/GEELONG EXPERIENCE

Arising to the anticipation of the week ahead I could not have imagined the beauty that would behold cold and dark was the day outside, bright and aglow within.

The monastery was waiting as I entered with nervousness, would Swamiji and Amma be happy?

Dr. Ananda, Murali and Niramathi and the energy of Swamiji was here.

Each day began similar to my recent experience at the Ashram, how time flies!

Sharing these days with students new and old, Dr. Ananda and Murali and my dear teacher Niramathi was such a precious time for me.

Cooking in the big monastery kitchen with the sounds of Bhajans wafting through the hall, to see the light and joy in each and every face as they exited the chapel, bursting as their vibrations were lifted and buzzing, only to move onto yet another practice, Mantra, Pranayama, so much to do and yet only a slight scratching of the surface.

Three very special days filled with practices of

ancient times brought to us from mother India by our blessed Dr. Ananda.

Swamiji said that students would come to him and say "I don't know how to say thankyou..." and so they would not ...! We say deeply in our hearts from Australia "THANKYOU THANKYOU THANKYOU.."

There was cake and candles. Candles in Australia are to be blown out with a wish, In India candles are to stay alight...so no blowing out of candles for Dr. Ananda!

That evening Sri Bala, such an amazing man, gave us a Chakra meditation. Truly a demonstration in oneness! The whole room vibrating with the sound of Pranava Aum.

Day 5 and the last day but knowing that it was not the end but a beginning of renewed Sadhana for me and am sure lots of others. A workshop on Women's Health made me think very much of my own daughter and her journey into womanhood. I was given many insights and guidance to this process again put into a beautiful package for me to understand.

Niramathi often says of Dr. Ananda, he can take all different concepts of Gitananda teachings, bring them all into a beautiful package and hand it to you with a smile!!



Speaking of smiling how could you not when Dr. Ananda sings and plays the Mrunjdum, along with Smt Namada on the violin and Sri Ravichandra on the mridungam.

A beautiful ending to an incredible week.

Bernadette





## MELBOURNE EXPERIENCE

I was most happy seeing Dr Ananda in person after approximately twenty years. The last time I saw him was when he was a handsome young man at the cross roads of his life. This time I met a charming man in the prime of life, with lot of enthusiasm and energy, anxious to and filling with competence the role he was destined to play to keep the Rishiculture Ashtanga Yoga flag flying high.

From the time I met him I was anxious to find how well he was fitting into Swamiji's giant shoes. Let me assure you he did exceedingly well with his charisma and way of engaging himself with whom he was interacting with. The oral and written testimony of appreciation from members of the audience who participated in his talks and workshops confirm this. Personally I was thrilled with his presentations, their content and engaging personality.

His sincerity, humility and friendly disposition stood out very prominently in whatever he did. It is all the more commendable as he is highly accomplished and has acquired an amazing ability to 'walk with kings and not lose the common touch'.

Being a dedicated student I had faithfully noted down all that Swamiji had taught me about the few practices which I had incorporated into my daily Sadhana. I was really very glad I got an opportunity to go through my notes on them with Dr Ananda in great detail after twenty years of almost daily practice. It was most satisfying for me to note that I was doing them right.

Dr Ananda's work today is more focused on conveying the need to complement medical treatment with the appropriate yoga and pranayama practices, as well as lifestyle changes, to restore the psycho-physiological balance in man to enhance the process of healing. And let me assure you he has the knack of explaining complex healing processes in a very simple and easily understandable manner to the common man. That makes him stand head and shoulders above the others. He is indeed the new voice in

the Science of Yoga.

I'm glad I involved my good friends Prof Avni Sali, Doyen of Integrative Medicine in Australia and Founder of the National Institute of Integrative Medicine and Reverend Paul Sanders, another innovative and dynamic personality and Director of the Augustine Centre in organising the Melbourne Two Day Seminar. They reached out to the medical fraternity, health professionals and the lay public and successfully created an awareness for the need to develop physically, mentally, emotionally and spiritually, complementing medical treatment, to experience a state of well being and resultant good health.

Personally I was humbled by Dr Ananda in bestowing on me the title of "Yoga Bishmacharya" in recognition of my humble contribution to the Science of Yoga in general and the Gitananda Yoga tradition in particular.

What is my specific contribution to the Science of Yoga?

I realized that Yoga Therapy was not treating the symptoms, which is being done today, but helping a student-patient 'to rise above body and conscious mind, negate ego consciousness, and attune to a higher state of consciousness – the State of Causal Silence within, wherein renewal, repair

and self-healing take place'.

In more detail:

It is in studying, practising and researching into Pranava AUM for twenty years (inspired by Swamiji and other spiritual guidance) and realising it is the ultimate in healing practices, based on the confidence I obtained from student-patients rehabilitating themselves from serious illnesses, and the conviction I received from healing myself of ten years of severe hay fever in 1990, a heart attack in 1996 and a stroke in 1997.

Developing the practice into an 81 day program consisting of five sessions incorporating all the salient aspects of the practices of Mahat Yoga Pranayama and Pranava AUM to regenerate, rejuvenate and rehabilitate





The practice neutralises emotional traumas and tensions of this and previous births stored in the major chakras (associated with the three planes of existence) and enhance their psychic qualities to transform the personality and character and instil fortitude and equanimity to the student-patient to combat the illness.

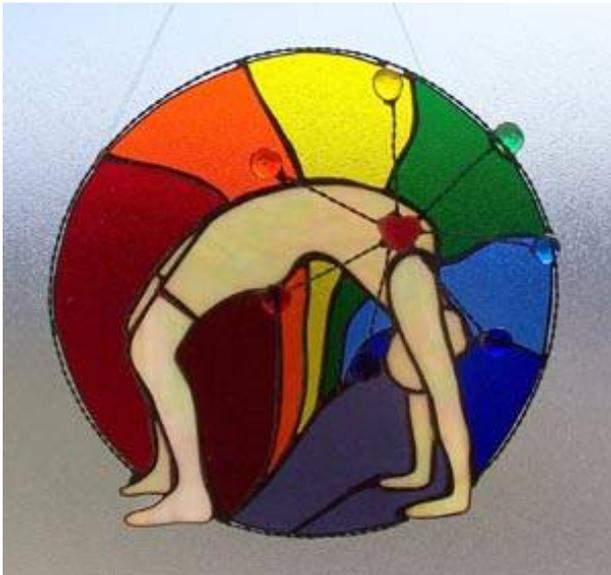
It includes meditating at the Heart Centre (Anahata Chakra) the seat of the soul, to enhance the process of healing.

Each session ends with an Affirmation/Sankalpa to get healed wholly.

I'm also very pleased that members of my family, which included children and grandchildren (in Melbourne and Sydney) were able to meet and interact with Dr Ananda, the son and heir of revered Swamiji and respected Amma, who had inspired, motivated and transformed my life into serving fellow man through the Gitananda tradition.

Dr Ananda's visit was a refreshing, renewing and rewarding experience for me. Though I had the necessary results in effecting healing I wanted a confirmation that I was conforming myself to the Gitananda tradition and I received it. I now look forward to his next visit to Australia in 2010."

Sri Bala



## SYDNEY

Murali had organized an intensive seminar at the YWCA with a nice group of interested seekers and we had an enjoyable day. Sri Bala conducted his



workshop on Chakra healing that uses the Pranava in an enjoyable manner to energize and harmonize all three levels of our existence. In the evening we had a wonderful musical session led by Smt. Bhattacharyya who is Murali's singing teacher. She is a lovely lady and led her group of students in a few Bhajans with me accompanying them on my Mridungam. I followed it with a selection of Carnatic vocals and then a short Mridungam solo.

It was a happy moment for me when I had the opportunity to honour Sri Bala with a lifetime Yoga award in the form of the title, "Yoga Bhishmacharya" in recognition of his yeoman service for the cause of Yoga in general and Gitananda Yoga in particular. He had played an important role in helping me realize my life mission and this was a small way of my expression my heartfelt gratitude to him for his love and blessings at all stages in my life. He is an amazing man and at the age of 86 still continuing his dedicated Sadhana. I am sure that Swamiji is very proud of him. His family including his son Shanthi Kumar, daughter-in-laws and grandchildren were present on the occasion adding to the great happiness for us all. I was also happy to be hosted by Shanti Kumar and Charmaine at their home with a lovely dinner for us all with a chance to meet so many of Sri Bala's lovely family members whom I had known only by photos till then.

Yogacharya Dr Ananda Balayogi Bhavanani  
Chairman of ICYER and Yoganjali Natyalayam





## NEW ZEALAND EXPERIENCE

My first impression on meeting Dr. Ananda at the airport was how easy it is to be with him. Immediately I felt a deep sense of familiarity, that of kindred souls.

I soon discovered that Dr. Ananda has no "off button", and I enjoyed listening to what he had to say with interest as I focused on the drive home.

Dr. Ananda soaked in the expansive views of the ocean and Kapiti Island as we meandered along the coastline. The contrasting hills rolling down to the coastal road on our right hand side were equally impressive.

We arrived in good time for a very moving Maori welcome conducted by Kahura which brought tears to my eyes.



Following Kahura's welcome, I had the honour of tying a garland of flowers around Dr. Ananda's neck. Murali and Dr. Ananda were both presented with a hand-held wreath of flowers.

The garland adorned the picture of Gitananda for the duration of the retreat, both in the Sanctuary and Yoga room where our sessions were held.

Dr. Ananda truly lives up to the meaning of his name. An abundance of joy and bliss flows from his heart. After having spent three days in his company, I can hear a new depth of vibration in my voice when I call my 'little' Ananda by his name.

The experience with Dr. Ananda was moving in more ways than one. His teachings of asana and Pranayama have inspired me to new levels, rekindling my own personal yoga practice.



The chanting and Bhajans, the musical concert and the laughter/fun we shared as a group, still resonate deep within my soul. Much growth has manifested.

I feel a deep sense of calm within and yet am vibrant at the same time. Interestingly, I have a new concept of time. There seems to be plenty of time to get everything done and much more, whereas before there was never enough time. I no longer have those conversations going on in my mind about time that took so much time!

In the days following Dr. Ananda's departure, I felt extremely humble leading yoga classes from the space that he taught us from. It was as though some of Dr. Ananda's humbleness had rubbed off on me. His visit has given me a gentle nudge along the spiritual path and I am still bathing in the after mass of the event.

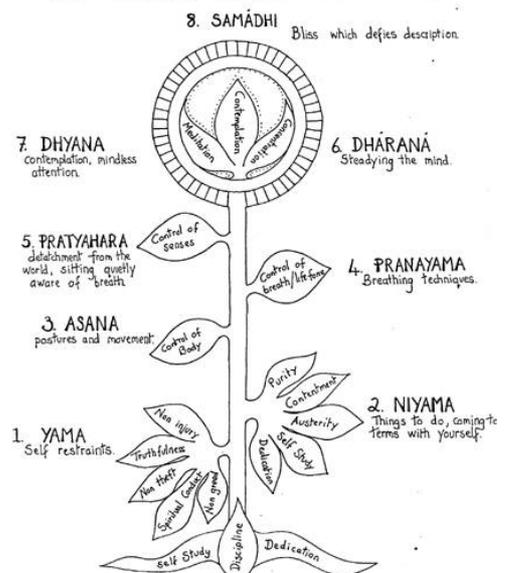
The energies amassed from the 'goings on' over the three days are still very strong at the Centre and in the Sanctuary. I am aware of Gitananda's presence watching over my shoulder, spurring me on. I have a renewed inner strength to fulfill my *dharma* in life.

Thank you Divine Ananda for being instrumental in these awakenings.

*Aum Shantih*, till we meet again.

**Cathryn.**

## THE EIGHT LIMBS OF YOGA





## GOLD COAST EXPERIENCE

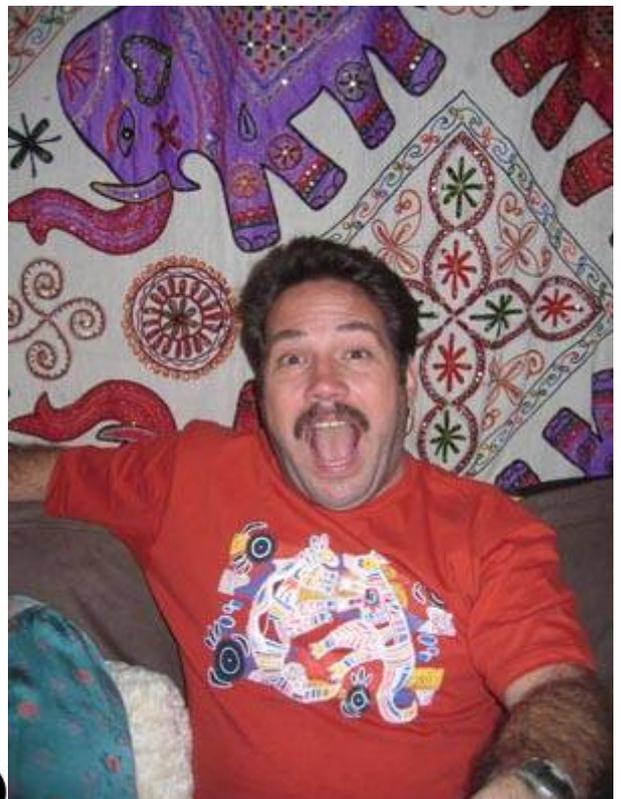


It was a great privilege for a group of us to share five days with Dr. Ananda on the Gold Coast. It was particularly special for myself, as although I had heard a lot about Dr. Ananda, I had never met him in person. It was extremely enlightening to have shared this experience with such a talented, knowledgeable and spiritual man who was so humble and so willing to share his expertise and talents in such a practical way. We were reminded of the therapeutic potential of Yoga and the importance of being aware of our bodies, emotions and mind which then benefits us both physiologically and psychologically. In sessions there was a focus on breath-movement co-ordination and the balancing of the Pranic energy, which culminates in the holistic well being of the individual. It can be safely said that it was a wonderful time of communion of like minds, spirits and souls and a time of relaxation, regeneration and reinvigoration. A big thank you to Murali for all his hard work in organizing this very successful tour. Dawn Williams.



Dr Ananda's Pranayama workshop at Burleigh was the best I have ever attended. The depth of knowledge and practical exercises gave me great insight into accessing full, energizing breaths and a new awareness of my breathing. I felt thoroughly rejuvenated and energized after Dr Ananda's instruction and his informative, good humoured demonstrations and practices.

Many thanks, Claire B.





## BRISBANE EXPERIENCE

Lovely feedback/insights shared by students on the Brisbane weekend retreat...

"Hi Margo and June, Thanks for organizing such a wonderful weekend getaway for us all. Dr Ananda with his boundless energy, was so generous in his knowledge and humanity,

all wrapped in such sincerity and fun. My breathing is different now, more free and energized, something I can enjoy each day. I enjoyed lots of chats with fellow travelers." Eileen Munro



"Thank you for giving me the opportunity to attend such an inspirational weekend. Dr. Ananda's knowledge is amazing and his ability to teach with humour and humility in such a way that all could comprehend and participate, had the retreat ending all too soon. The accommodation, food and company were excellent and I look forward to future events." Christine

"Thank you Margo and June for helping with my yoga professional development and understanding by bringing such a great yoga swami (teacher) to Australia. Dr Ananda was an outstanding speaker and teacher, who enabled us to increase our understanding of yoga from a Western perspective. I look forward to his return. Thanks again." Leonie Timmerman

"What a great weekend was enjoyed by us all with Dr. Ananda..I still call him Bogi for baby (of Swami Gitananda and Meenakshi) because he



was a baby when I studied with Gitananda. The weekend bought back all of the happy memories of studying and enjoying contact with the ashram. He certainly gave us a full weekend and of course this was all pre arranged by yourselves and what a result! Was refreshing and fun at the same time. To have encouraged the East and West medicine in a way to understand the blend that can be achieved. It was an honour to be there." Lesleigh

"I would just like to let you know that the weekend is etched in my memory so again thank you so much for organising such a great event." John

"First of all I'd like to thank both you and June for organizing such a wonderful and exciting retreat with Dr Ananda. He is a most fascinating man, and such an accomplished and knowledgeable speaker. It was a terrific experience, and so glad I was able to participate. I have registered as a new member of Gitananda as I believe Dr Ananda's work is making a great contribution to the yoga movement and world peace generally. I look forward to receiving and reading the news from the ashram!" Julia



Dear Margo, Thanks for the lovely Weekend. The time went so quickly and I feel I learnt so much. The best blessing is to see the fantastic plan that Dr Ananda has to bring Yoga from a medical perspective. It is a giant task !!! How wonderful to train as a Yogi from a young age and then to also train in medical study..this was wonderful to hear...I suppose I am making a different journey... going from being a scientist to a Yoga Sadhak and learning Ayurveda..... I met up with many great peoples and hope we can meet soon again.





(and just in case we take this life-time too seriously..!Ed)

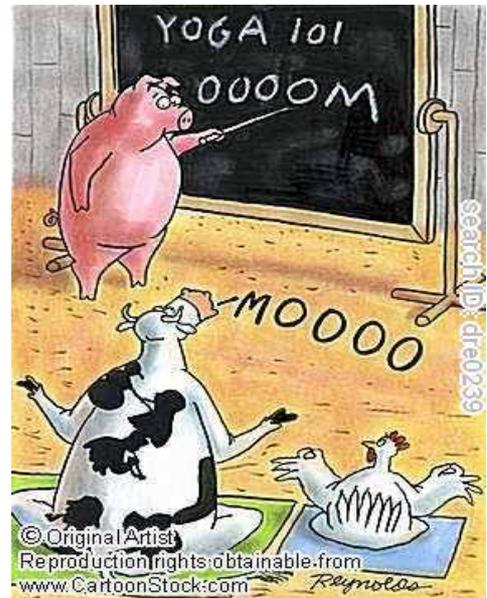


### The Trip to Ananda Ashram/ ICYER Update

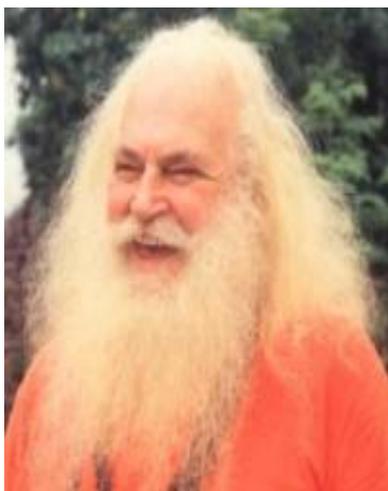
“Going, going..nearly gone!!” There are **only 2 places left** for this incredible trip to ICYER in India.

If you have any questions or would like to book one of these last places, contact:

[murali@gitananda-australia.net](mailto:murali@gitananda-australia.net)



Find a teacher near you to experience Rishiculture  
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### **SOUTH AUSTRALIA**

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<http://www.geocities.com/anandakapila/devidasan.php>

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### **VICTORIA**

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## Dhivyananda creations AUDIO CDS

### Audio CD \$18 each (\$16.20 for Gitananda Members)

1. **PRANAVA SADHANA:** Excerpts from a Live Recording of the All Night AUM (Om) Chanting Performed on the Occasion of the 130<sup>th</sup> Birth Anniversary of Sri La Sri Swami Kanananda Bhriyu Guru Maharaj. 2<sup>nd</sup> February 2004 at Ananda Ashram (ICYER) Pondicherry, South India. Ideal companion for relaxation, contemplation and mediation.
2. **PANCHAKSHARA JAPA:** Excerpts from a Live Recording of the Chanting of 1008 Om Nama Shivaya Mantras Performed on the Occasion of the Maha Shivaratri Puja Celebrations 2004 18<sup>th</sup> February 2004 at Sri Kambliswamy Madam, Ananda Ashram, Pondicherry, South India. The CD contains 504 chants of the Panchakshara Mantra. Ideal companion for timing Yoga practice as well as Puja, contemplation and mediation.
3. **BHAJANS WITH SWAMIJI** Wonderful Spiritual Music sung energetically by Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj and the Ananda Ashram International Bhajan troupe (1988) Includes: Ganapathiye Varuvai, Paramapavana Krishna, Sharavanabhava, Kambliswamy Stuthi, Aiengarane, Pillaiyar, Ananda Guru Om and many other all times Ananda Ashram favorites.
4. **The Yoga Of Sound:** Meditative Carnatic Music with English Lyrics Composed and sung by Yogacharya Dr Ananda Balayogi Bhavanani. Includes selections from Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj's "Gita Inspirations". An Ideal way to learn to understand and appreciate the wonderful Carnatic Music Tradition of South India.
5. **TAMIL INBAM:** Meditative Carnatic Music in Tamil sung by Yogacharya Dr Ananda Balayogi Bhavanani. An ideal way to enjoy the meditative quality of the wonderful Carnatic Music Tradition of South India.
6. **BHAKTI MANI MALA:** A selection of many favorite compositions of classical Carnatic Music in sung melodiously by Smt Jyothirmayi and Selvi PVL Shailaja, music mistresses of Yoganjali Natyalayam. Dr Ananda accompanies them on the Mridungam. Ideal for all music lovers.
7. **MANTRAS AND BHAJANS OF ANANDA ASHRAM:** Includes Gayatris used for Morning Aarhi, Mantras used in Sunday Puja at Sri Kambliswamy Madam Sri Maha Ganesha Pancha Ratnam, The Guru Strotra, Saraswathi Prarthana, Universal Prayer from Rig Veda, Surya Namaskar Mantras, and Many Bhajans sung at the Ananda Ashram, Pondicherry, South India
8. **VINTAGE CLASSICAL VOCAL:** Classical Carnatic vocal music by Kalaimamani Sriengam Ranganathan, one of the finest traditional Carnatic vocalists of South India and Guru of Dr Ananda Balayogi Bhavanani. Ideal for all music lovers.
9. **DIKSHITAR KRITHIS:** A rare collection of compositions of Muthuswami Dikshitar one of the greatest composers of South Indian Classical music. Sung by Kalaimamani Sriengam Ranganathan, one of the finest traditional Carnatic vocalists of South India and Guru of Dr Ananda Balayogi Bhavanani. Ideal for all music lovers.

