



## Feb 2011 Edition Volume 6 No 1\_PART A

### EDITORIAL

Namaste Dear Divine Gitananda Sadhak,  
the start to 2011 has been a challenging one for many with severe floods. Directly affected or not we have all been deeply touched by this loss and yet there has been many, many touching scenes of Yogic Dharma and selfless services as communities begin to recover.

Actions speak louder than words and a picture says a thousand things and so this issue brings you some heart-warming Yogic images. As one person put it; "I think as Aussie's we all share an incredible willingness to help our mates...whether we are from Hobart, Broome, Kakadu, Manly or Brisbane.... all we want to do is help...." I feel this is "Yoga in Action" in its purest form.

Due to the sheer volume of wonderful material this newsletter is being brought to you in two parts to ensure your ease of reading! Part A shares with you the experience Dr. Ananda had as guest speaker at the prestigious IYTA (International Yoga Teachers' Association World Yoga) Conference, held at the Novotel Manly Pacific in Sydney last September. The focus at the IYTA Conference was "**Reunion in Yoga**" which is the theme and mood of this newsletter.

Part B brings you rich and many varied accounts, reflections, musings and experiences from our most successful Gitananda Brisbane weekend to date. Each account has a slightly different focus reflecting the wonderful breadth and depth Dr. Ananda covered in such a short time.

We deeply thank all contributors for taking the time, effort and honesty to share your experiences and hope that as you read through this that you catch a glimpse of that "Reunion in Yoga" be it through remaining more loving and centered in your daily life, helping a neighbour clean up their flooded home or volunteering your time to help where you feel most needed.

To learn more about the core concepts of Gitananda Yoga please visit:

<http://www.gitananda-australia.net/page11.php>



*the wonderful Aussie sense of humour prevailing ;0)  
~Photo by Darcy Grant*

With love and light,

Dianna Timmins, NSW (Co-editor)

&

Yogacharini Devaki, QLD (Co-editor)





## NEWSLETTER FEATURES PART 1

- Another Lovely Time Downunder ~ Dr. Ananda
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- "REUNION IN YOGA" ~Dr. Ananda's personal account on the IYTA World Yoga Convention, Sydney 2010

## ANOTHER LOVELY TIME DOWN UNDER

I am truly blessed in this incarnation to be able to live, love and share Yoga. This is only because of the potent blessings of my beloved Swamiji and Ammaji that enable me to fulfil my Dharma of doing my best and leaving the rest at all times. The Yogic seeds they have planted all over the world are today blooming, flowering and flourishing creating great opportunities for self-transformation in so many sincere and dedicated souls.

Devasena and I had a gala time down under visiting our Yoga Sambandam, our Yoga relatives who gathered together with a sense of oneness, love, respect and profound interest. It was indeed a pleasure to meet and mix with so many of them who went to great trouble, expense and time to be with us on this tour. Such love and respect gladdens my heart deeply and makes me more determined than ever, to do more and more, to propagate Swamiji's ideals of Yoga as a way of living throughout the world.

It was indeed a great honour to be invited to be invited by the International Yoga teacher Association to be the Major Presenter at their Worldwide Convention at Sydney. We were touched at the love, affection and respect we received from all delegates and presenters numbering nearly 200. To be invited as a Major Presenter at a Worldwide Convention being held after 13 years and to be in the list of legendary names reading like a Who's Who of Yoga is humbling to say the least. It reiterates the gratitude I have towards life and my guru parents for I am so lucky to be able to live, love and share Yoga to my fullest. Devasena and I enjoyed performing our Carnatic Vocal Concert and Bharatanatyam performance at the Gala Dinner and were both deeply touched by the spontaneous and generous appreciation we received from all quarters. My dearest Yoga family of Devidasan, Bernadette, Margo and Gita made it even more special by being with us throughout the convention.

Yogacharya Muralidharan Giri was a gracious host and took excellent care of us throughout the tour. Readily sharing his home with us he left no stone unturned to make us feel as comfortable as possible. Murali is a wonderful human being and has such a Yogic attitude towards everything. He is an excellent organiser and had everything in the right place, at the right time and

in the right manner. His loving care and concern for us stimulated me to write a short poem entitled, "Fulfilling our Dharma".

*A great many are unaware of their Dharma.*

*There are many who shrink their Dharma,*

*While some fulfil it though with great reluctance and*

*Others having no other option.*

*Yet, there are some who go beyond it,*

*They are the rare ones and*

*My dear Murali belongs to that*

*Rarest of the rare breed of human beings*

We had a great time visiting the Shiva Vishnu temple in Helensburg and had a good tour around the Sydney Opera House, the botanical garden and Harbour Bridge. We also enjoyed a wonderful day out with my dear friend Balakrishnan who is a dear friend and classmate from our school days together at Bhavan's Gandhi Vidyashram in Kodaikanal. Bala and his wife Maria settled in Australia seven years ago with their darling son Nikil and it was a pleasure for all to catch up on news, views while enjoying a south Indian breakfast of idlis (my first ones abroad) and Vadas with traditional Indian Chutney and Sambar. Maria is an excellent cook and we relished each and every morsel before taking off on a trip down the coast off Sydney visiting Stanwell Tops, Corrimall beach, Wollongong Breakwater lighthouse and then ending the day with a nice luncheon cum dinner at the Taj Mahal restaurant. It's so nice to meet up with my dear friends like Bala and share the success stories of our lives as well as the trials and tribulations that have shaped our lives today. We are already looking forward to the next visit and I am sure that will be soon too.

A day with the animals at the Kuala Park was another chance for us to reconnect with nature through its manifestation in the form of Kuala, Kangaroos and Cockatoos. Enjoyed a special bonding with one of the kangaroos who asked me why we humans are so inhuman! The Koalas were too busy either eating or sleeping and I think that incarnation must be the one where we get to rest the most. The Cockatoos enjoyed chatting with us whistling and saying many times "Hi, Polly wants a cracker". However once they found out we didn't have any on us, it was time for them to chorus, "Bye". Talk about fickle minds! Being with the animals made me realise once again how lucky I was to have had such close interactions with all the animals in our mini zoo created by Swamiji in our Ashram at Sri Kambaliswamy Madam in Thattanchavady. These are such deep experiences that enable us to understand the oneness in all beings and thus open ourselves to the infinite universality.

Another lovely evening was spent with Murali's music teacher Shreeyukta Dipannita Bhattacharyya (Didi) and her husband Shree Amal Bhattacharyya (Dada) at their hospitable home. We enjoyed a concert of Shastriya Sangeet by Murali on the occasion and it is a credit to both his perseverance and Didi's teachings that he has





blossomed into a capable singer. Of course, he still needs to have her instrumental support to get it all together but it was surely a special day to hear him sing so well. We then enjoyed a delicious North Indian dinner cooked with love by Didi and exchanged tales from all over the world as they have travelled to so many countries with such experiences everywhere.

Devasena and Murali accompanied me on a nice visit with my dear Swami Anandkapila (Dr Jonn Mumford) at his home in Sydney. I have a deep sense of gratitude towards him for his having given back to the Parampara a 'Slice of Swamiji' through his dedicated teachings of the Yantra over the past so many years. I count on his love and blessings at all times and he constantly motivates me to do my best in all spheres of my activity. It was a pleasure to meet and interact with both Janne and Edan as well as share their stock of lovely chocolate cake and Lamingtons (those delicious little sponge cakes coated in chocolate and coconut). We also enjoyed playing around with his pet doggie "Star" who is such a sweet little darling. She can definitely lick one to death if one is not careful and has a great talent for saying Namaste. We also had a lovely dinner at Govinda's, that wonderful vegetarian restaurant of ISKON that is a regular must visit on any and every trip to Sydney. To be able to have dinner there twice on this trip was special indeed for such food is hard to come by when one is a vegetarian and travelling the globe.

The annual meet of the Gitananda Yoga Association of Australia was an opportunity for us to reconnect with so many loving members of our Yoga family. We all enjoyed an intensive 3 day retreat that dealt with the topic, "Moving from Distress to De-stress through Yoga". It was indeed a special gathering as nearly fifty Gitananda Yoga teachers and students from all over Australia and New Zealand participated with great enthusiasm. It was special to have seniors like Sri Bala, Dr June Henry and Gita attend and bless us with so many lovely stories of their unique experiences with Swamiji. A strong New Zealand contingent made sure that the meet was an integrative one bringing together in Yoga the Trans Tasman neighbours. Margo is such an amazing organiser and had everything organised so perfectly that it was all like a walk in the park by the time we got there. She is a source of strength for all of us and a true example of Yogic womanhood for the younger generation.

Riverglen Conference Centre is an excellent venue and the excellent, natural ambiance added to the intimacy felt by all participants throughout the retreat. Talks on various aspects of stress and its pathophysiology both medical and yogic were complemented by practical sessions on stress busting Jathis, Asanas, Pranayamas and deep relaxation. Sri Bala led us through an experiential session of the Pranava as taught by him in his Chakra healing Course while Margo enthralled us with Swamiji's Siamese Kriya! Devasena and I really enjoyed performing our music and dance for our dear Yoga family who are such Rasikas, real lovers of the cultural fine arts of India. We also chanted some of the Yoga Sutras of Maharishi Patanjali and also learnt many Mantras to induce healthy vibrations into the universe. It feels so good to have such a devoted and sincere Yoga family Down Under with loving Yoga

relatives willing to go to great lengths to be with us on our travels.

The AGM of the Gitananda Yoga Association of Australia was conducted with dignity and the meeting decided to stick with the present office bearers and just add a few more to enable smoother functioning. I happily and willingly continue to serve Swamiji's mission of uniting all our Yoga family as the Honorary President. Other office bearers present at the AGM included Muralidharan Giri (Trevor Fox) as Chairperson, Sri Bala Ratnam as VBT Consultant, Margo Hutchison as Liaison and Event Coordinator, Devaki Kerin as General Secretary, Janani (Louise Healy) as Joint Secretary, Catherine Dornekamp as NZ Rep for North Island, Gargi (Helen Nortje) as NZ Rep for South Island, Dianna Timmins as Editor of the Association Newsletter. Committee members who couldn't make it to the AGM but gave their wholehearted support through individual meetings and correspondence included Swami Anandakapila (Dr Jonn Mumford) as Yantra Consultant, Devidasan Giri (Jean-Michel Ruffier) as Treasurer and Niraimathi (Nicole Cox) as International Secretary.

The return journey was one of a relaxed nature as we had a long stopover at Singapore that enabled us to go on a free guided bus tour of Singapore thanks to the authorities there. It is really mind boggling to see the amazing development of this place in the past 45 years since they got independence. Makes me wonder why we in India cannot do the same. When such a small place can do so much why cannot we with so much intelligence and ability in our country create a heaven on earth for our fellow beings? Thoughts such as these took over my mind as we went on the tour that showcased the mixed cultural co-existence between people from so many cultures.

It was a pleasure to be back home after the journey and as we got caught up with all the local news and developments, I thanked the Divine for giving me such a wonderful life with so many opportunities to love, live and share Yoga with so many all over the world. May we all grow together and may we all sustain one another in our spiritual growth towards the highest state of Kaivalya.

*~Report by Dr. Ananda*



*Brisbane Residents and neighbours tackle cleaning their homes post floods*

*Photo Source: Unknown*

## DR ANANDA AT THE IYTA WORLD YOGA CONVENTION - SYDNEY, SEPTEMBER 2010

Dr. Ananda was the major guest presenter at the International Yoga Teachers' Association ("IYTA") World Yoga Conference, held at the Novotel Manly Pacific in Sydney from 16-19 September 2010. Nearly 200 delegates and guests gathered from all over Australia and the world gathered to celebrate the theme of "Reunion in Yoga".

The IYTA is one of Australia's first and largest yoga teachers' associations and over the years, in promoting the study and teaching of yoga, it has hosted many great international teachers - including Dr. Ananda's father, Yogamaharishi Dr. Swami Gitananda. This time, we were additionally blessed by the company of Dr Ananda's wife Devasena.

There were many wonderful teaching and asana sessions – 26 in all, by 14 presenters, including Swami Shankardevananda Saraswati from the Satyananda tradition, Sevapuri from the Yoga in Daily Life organization of Swami Maheshwarananda, Michael de Manincor from the TKV Desikachar tradition, Trish Brown from Dru Yoga, and many other IYTA and guest presenters from varying schools and "styles" of yoga – truly, Unity in Diversity! Dr. Ananda gave the 6 major presentations – the only ones delivered to the full assembly – covering a wide range of topics. These teachings were so valuable, I would like to share my recollection of them with those of you not fortunate enough to be present.

Dr. Ananda's first session was on "Union and Reunion through Yoga" – the reintegration of our divided selves, "coming back home" to "om sweet om", through yoga. The origin of much disease lies in *dwaita*, duality of mind and body. Every aspect of yoga, if practised with mindfulness and consciousness, leads us back toward our original one-ness (*adwaita*), and away from disease. And what are the causes of our dividedness? The *kleshas* (impurities): *avidya* (ignorance, the mother klesha), *asmita* (ego), *rag-dwesha* (attachment-aversion) and *abinivesha* (survival instinct/fear of death/clinging to life). These are fostered by the *chitta-vritti* (whirlpools of the subconscious-unconscious mind), with which we wrongly identify, and whence spring the *shat ripu* (enemies of the spirit): *kama* (intense desire), *kroda* (uncontrolled rage), *lobha* (greed),

*moha* (delusion), *mada* (ego) and *matsarya* (jealousy).

Memorably, Dr. Ananda likened the spiritual life to a video game, where you get past one set of obstacles, only to find another. Eventually, "you don't solve your problems, you outgrow them"!

After thus taking us deep into the essence of the yoga path, Dr. Ananda's next session dealt with "Prana, the Catalyst of Reunion". *Prana* gives physiological life to the anatomical body, and psychological life to the mind and brain. *Annamayakosha* and *manomayakosha* are bridged and brought together by *pranamayakosha*. Prana is the catalyst not only for life, but for uniting the body-mind complex (including emotions), enabling them to function to the best of their ability; and also for propelling our evolutionary momentum. We obtain prana from food (carefully chewed), water (mindfully sipped) and air; but breathing as we do at less than 10% of our capacity, the prana we obtain from the air is negligible, so we are over-reliant on food. Hence, *pranayama* is essential – without pranayama, there cannot be yoga. And remember: "Where the mind goes, the prana flows"!

In the body, prana takes the form of the *pancha prana vayu*, the five major "flows of energy" (the *pranadi* – *prana*, *apana*, *samana*, *udana*, *vyama*) and the five minor flows (the *nagadi* – *naga*, *kurma*, *krikara*, *devadatta*, *dhananjaya*). Swamiji taught of two additional, psycho-mental and neuro-mental prana vayus: *akasha*, which enables the psyche or higher impulses to enter the mind; and *chitra*, which enables brain function to become mind function. These help us to go beyond our body and physiological functions.

The next aspect of the *pranamayakosha* is the 12 chakras – 6 *pinda chakra* (lower, within the body) and 6 *anda chakra* (higher, in the "cosmic egg"). The lower 6 are a reflection of and linked to the higher 6, so by working on each of the lower 6, we benefit the corresponding higher chakras eg *mooladhara* – *sahasrara* etc. We have descended from *muktanachakra* to *mooladharachakra*, the earthly plane of existence – from *karana sharira* through *sukshma sharira* to *sthula sharira* - and are trying to rise back up again. To fuel our upward journey, which is a "Journey into Inner Space", we need prana!



In our third session, Dr. Ananda explained to us, and we sang together, a collection of our (my!) favourite **mantras**: “*Tvameva mata*”; the *mahamritjanjaya* mantra; “*asatoma sad gamaya*”; “*purnamadha*”; and “*sahana vavathu*”. These never fail to inspire and move me. As we learned, our *intention* is perhaps the most important aspect of mantra recitation: know the general meaning and think it as we chant. It is even better if we pronounce the Sanskrit words correctly (and even better if we follow the traditional tune correctly). The Sanskrit word evokes the energy of the thing named – it is the name closest to its vibration as perceived by the seers.

All that (and more) on the first day! I must say here that Dr. Ananda spoke with amazing energy, fluency, humour, clarity and persuasion, holding everybody’s rapt attention for hours at a time– without using a single prop or note! Here, we could all see, was a real master in complete command of his field.

Dr. Ananda’s first session of the second day was “**Steps on the Path of Reunion**”: life-skills provided by yoga to assist us on our way. Swamiji taught “no-option” yoga – we don’t study yoga, we live yoga. Yoga is all about attitude. For example, adopt *pratipaksha bhavanam* at all times: as soon as we experience negative or devolutionary tendencies, summon the opposite attitude – or at least, say “Stop”! Try to integrate *iccha shakti*, *kriya shakti* and *jnana shakti* (the powers of intention, action and wisdom respectively) in our daily life. Since we create what happens to us, we must take care what we put out. As Swamiji taught, yoga involves four-fold awareness – awareness of our body, of our emotions, of our mind, and of our awareness itself. And we heard the lovely story of how Ammaji Yogacharini Meenakshi Devi Bhavanani introduced a fifth awareness – awareness of how unaware we are!

Even if we do not fully succeed, we must make an effort to follow the *yama* and *niyama*, within our limitations. Think of these as states of being, not just “do’s and don’ts”; for example, *ahimsa* is not just refraining from harm, but living with a harm-less frame of mind. Patanjali gives *yama* and *niyama* much more attention than *asana*, *pranayama* or *dharana*; they almost constitute 10 independent limbs of yoga! Following the *yama* and *niyama* gives us *adikara* (authority); as well as an ex-

panded view of “Self”, leading to better social integration. *Santosa* (contentment) is a very, very important principle; it enables detachment, and ease, and is closely related to *sama bhava*, inner balance.

Our attitudes to *asana*, as taught by Patanjali, help us to develop fundamental attitudes to life: for example, balancing the *dwandwa* (pairs of opposites); *stirrha* and *sukha* (firm/stable but comfortable/at ease); *prayatna shatilya* (loosen the effort); *ananta samapatibhyam* (place one’s mind on the infinite).

Then, *pranayama* removes the shroud of ignorance and impurities covering our real Self, our Inner Light. It is a state going beyond breath - a state of awe, of *kaivalya*, where the mind becomes fit for concentration. And practice of the three legs of Patanjali’s *kriya yoga* – *tapas* (intense self-discipline), *swadhyaya* (introspective self-analysis) and *Ishwara pranidhana* (giving up to the higher will, “Do your best, leave the rest”) – destroys the impurities of the *kleshas*. Indeed, the last of these three, alone, can take us to *samadhi* – this is the path of *bhakti yoga*. And finally, we are taught to exercise *abhyasa* (intense effort) and *vairagya* (detachment) – which to me is another form of the exhortation to “Do your best, leave the rest”, one of the key lessons of this series of teachings.

As a post-script to this session, Dr. Ananda reminded us of a further important set of “yoga attitudes” taught by Patanjali: *Maitri-sukha* (friendliness toward those at ease with themselves); *karuna-dukha* (compassion for those who are suffering); *mudita-punya* (cheerfulness toward those trying to lead a good life); and *upeksha-apunya* (avoidance of those who are doing wrong). By following these, our conscience gains clarity.

In the next session we learned “**Integrative Aspects of Yoga Practice**”. In *asana*, it is good to do things we don’t usually do – as the medicine bottle says, “Shake well before use”! Balance postures change our centre of gravity and require adjustment by our homeostatic mechanism. A single base body position (eg touching toes) can give rise to several quite different postures (eg *halasana*, *paschimottanasana*, *vajroli* and *hastapadasana*), with different centres of gravity, feelings and effects – showing there are many ways of doing something, and many different perspectives!

When we bring different parts of our body together in different ways, we create different combinations of en-



ergy flow eg *hasta-padasana* cf. *hasta-angustasana*. This is also a key feature of *mudra*. These may be intra-, inter- and/or trans-personal. For example, when we place our palms together, we join the “*ha*” and “*tha*” energies: at the heart, for other people; at ajna chakra, for the Guru; and in the sky, for the Divine. Placing our palms together (indeed any left-right body connection) also connects our left-right brain motor and sensory components, helping to integrate our brain function. Asanas – especially but not only cross-over postures – create neural connections and help integrate the brain, especially the sensory-motor cortex, and improve brain function. We use only a negligible part of our virtually infinite brain capacity; but yoga increases this use, as it increases the number of neural pathways.

Dr. Ananda explained in detail how the slow, deep breathing of *pranayama* (including long exhalation) slows the metabolism, slows the heart rate and increases the heart’s intake of freshly-oxygenated blood for its own, and the body’s, health. He also explained in detail how the respiratory centre in the brain stem makes us “breathe in” (i.e. enlarge our chest), and “breathe out” (ie. by elastic recoil); whereas in *pranayama*, both processes become active, conscious and prolonged – and sometimes reversed, as in *kapalabhati*, where we actively breathe *out* and passively breathe *in*! This presents (beneficial) challenges to our physiological and mental balance. But what is perhaps most important is simply to *link* the breath, body and mind - in order to integrate ourselves, simply move consciously with the breath. This brings psychosomatic harmony. Any yoga technique with breath-body awareness is a mind-body harmonizing technique.

The session concluded with an integrative practice of *Brahma mudra*.

That night we all enjoyed a gala banquet - the highlight of which was a performance of carnatic vocal music by Dr. Ananda and two supporting musicians, with bharatanatyam by Devasena. All 200 guests were spell-bound and uplifted by as wonderful a performance of song, music and dance as, I’m sure, any yoga conference could ever have the great good fortune to receive – thank you, Ananda and Devasena, from all of us!

Next day (Sunday), Dr. Ananda’s final session was on “**Unifying Aspects of the Breath**”. But first he made this introductory comment which I would like to share with

you: “*All our life situations help us to be a better person. The key is our chosen attitude – to events, to others, to life and to ourself.*” Amen to that.

We then began with watching the breath: the right nostril (increasing the metabolic rate, heart rate and blood sugar by sympathetic nervous stimulation); the left nostril (having the opposite effect by parasympathetic stimulation); the nasal passage - the external becoming internal; the region of *visshudi chakra*; the canalis centralis; the division into two flows of energy into the lungs, each lung anatomically different but physiologically/functionally similar by the operation of the left “lingular lobe”; the rib-cage; and the diaphragm.

The lower lungs energize the lower part of the body – **the lower abdomen, pelvis and legs; the middle lungs** energize the middle part of the body – the upper abdomen, chest and throat; and the upper lungs energize the head and neck region. But if this is to happen, we *must breathe deeply*.

The diaphragm is our most important muscle of respiration. And while this helps the lower and mid lungs to more or less “self-breathe”, upper lung breathing tends to be deficient, leading to problems in the head region – this therefore requires our conscious attention.

We then practised *vibhagha* and *mahat yoga pranayama*. For *adham pranayama*, placing the hands downward in *chin mudra* on the inner middle aspect of the thighs (at the femoral nerve), creates a neural and energy circuit in the upper and lower spinal cord, which is less pronounced if the hands are on the knees. Further, the thumb-finger circuits multiply the energy flows. Breathe deeply and consciously. *Madhyam pranayama* benefits the chest, heart and thymus, helping to activate T-cells remaining in the thymus, vital for cellular immunity. In *adhyam pranayama*, *adhi mudra* (“adhi” referring to the “highest”, which is hidden - like the thumb!) energises the blood vessels running to the head and awakens the infinite neural connections in the brain. Finally, in *mahat yoga pranayama*, performing *brahma mudra* at the navel centre – where cosmic prana enters our being – unites that cosmic energy with our inner energy.

*Adham pranayama* mainly energises and integrates *sthula sharira*, affecting *annamaya kosha*; *madhyam pranayama* mainly energises and integrates *sukshma*

*sharira*, including *pranamaya*, *manomaya* and *viijnana-maya kosha*; and *adhyam pranayama* mainly energises and integrates *karana sharira*, affecting *anandamaya kosha*. *Mahat yoga pranayama* energises and integrates all three shariras and all five koshas.

Finally, Dr. Ananda spoke to us of the Divine Mantra, SO-HAM/HAM-SA. We are born on our first in-breath, we die on our last out-breath, and every breath is a lifetime within a lifetime. We breathe in Divinity (saha – so/sa), we breathe out Individual Self (ahamkara – am/ham). HAMSA is also said to be the sound of the swan (*not* its cry) – a divine melody. Every day, we silently chant this *gayatri mantra*, this *ajapajapa*, about 15x60x24=21,600 times! Here, in daily *ajapajapa* on the breath, we have the opportunity for complete integration/reintegration at all levels – the three shariras, the five koshas, within the body and within the mind. May we thus make the journey from duality to one-ness: “MRITYORMA AMRITAM GAMAYA”.

So concluded these teachings – so profound, comprehensive and illuminating. They made a deep impact on all delegates, leaving us enriched, nourished and firmly grounded on our yoga path. Thank you, Dr. Ananda, and the Guru Spirit that dwells in you!

The convention concluded, appropriately, with all of us joining hands, walking in a spiraling circle, singing a beautiful English peace mantra:

**“MAY ALL BEINGS BE HAPPY. MAY ALL BEINGS BE WELL. PEACE. PEACE. PEACE.”**

*-Report by Phil Liney*

## ITYA (REUNION) IN YOGA

Ajna charka is the centre of inspiration and during the four day long convention Dr Ananda energized this centre in all the over 180 Sadhakas certainly who were in attendance.

When we talk of yoga as the path, it refers to a set of values (Yama-Niyama). Yoga is the union of these values which Ananda combined with the “four fold awareness”.

We all got an opportunity join Ananda in chanting the Mantras we use at the Sri Kambaliswamy Madam which certainly created higher vibrations confirming that Yoga practices are non-linear.

Just as Arjuna in the Bhagavad Gita discovers that a yogic life well lived can be a realistic approach to life,

Ananda clarified many concepts of Yoga in a structured manner succinctly.

Yogacharini Gitanjali commented on Saturday evening, “After so many years of great pleasure imbibing the teachings you’re your beloved father, Swamiji, it has been wonderful to watch you Ananda develop over the last 35 years. Now you have indeed become your own person and we feel so privileged and honored to watch that development. We look forward to your continuous development over the future years and to our study and development with you”.

*-Report by Yogacharya Murali*



*Waiting for the rising river*

*~Photo by Darcy Grant*

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## “REUNION IN YOGA”-Dr. Ananda’s personal account on the IYTA WORLD YOGA CONVENTION, SYDNEY 2010

The IYTA convention held from 16-19 September 2010 at Manly, Sydney, Australia was a grand reunion of Yogis and Yoginis in the true spirit of Yoga. Aptly titled “Reunion in Yoga” it brought about a true reunion for so many, in so many ways, and at so many levels. We all united in the spirit of Yoga that is of union, integration and harmony.

Personally it was such an honor to be invited as the Major Presenter at the convention and share the stage with eminent personalities representing Yoga ‘down under’. It was indeed a pleasure to meet and interact and exchange views with such loving people like Wendy Bachelor, Leigh Blashki, Louise Wiggins, Margo Hutchison, Trish Brown, Michael de Manincor, Anne Nakhoda and Mary- Louise Parkinson. We met so many wonderful people in the four days and it was special indeed to spend the time interacting with Judith and Colin Clements of the Australian Yoga Life who are a lovely couple with a great sense of humour.

Patricia Wigley, the current IYTA president and editor of their lovely journal ‘International Light’, was such a gracious host. She spared no efforts in making us all feel as home and ena-

bled all in attendance to enjoy the spirit of Yoga in its totality. She was ably assisted by Mary Shellens, Janet Stevens and so many other lovely volunteers who made sure that we all had a great time.

We had a lovely time and the love, respect and attentiveness of all participants moved us greatly. It was a joy to share with such human beings and, 'Do your best and leave the rest' became a household word for us all. Swamiji and Ammaji really expressed themselves beautifully through me as I am only the vehicle, the medium, the transmitter for their amazing evolutionary teachings. I felt that both Swamiji and Ammaji were there completely during the convention and that pleased me greatly for they will only be there if Yoga is truly there.

My Carnatic vocal concert with local musicians and the excellent Bharatanatyam performance by Devasena received incredible appreciation and applause from all present, moved us both very deeply. Prana was really flowing that night and it was especially wonderful for me to be able to honor and express my heartfelt gratitude to Dr. John Mumford (Swami Anandakapila) for having opened such a wonderful window in my consciousness thus enabling me to access an invaluable part of my father's legacy through the art and science of Yantra.

In his welcome speech on the occasion of the Gala Dinner and concert night, Philip Liney, the NSW representative gave an excellent overview of the IYTA. He reminded us all that the IYTA was founded in 1967 in Sydney by Roma Blair and a group of like-minded yogis and was probably the first such Yoga organization in Australia, who were at that time a rare breed indeed. It has aimed to provide fellowship, support and continuing education for Yoga teachers; and to promote Yoga generally, and high standards of ethics and competence in Yoga teaching in particular. He reminded us that the IYTA had respect for all traditions and was indeed an inclusive organization.

As he was recounting the names of all the great luminaries who have been invited by the IYTA in the past, I was struck to truly realize the magnitude of my visit. This was the first World Convention in 13 years as the last one was held in 1997. the list of major presenters at the past conventions reads like a veritable Who's Who Of Yoga Worldwide for it includes Swami Satyananda Saraswati, Swami Gitananda Giri, Swami Satchitananda, BKS Iyengar, Andre Van Lysbeth, Liliias Folan, Howard Kent, Swami Maheshwarananda, Mansukh Patel and many, many others from all walks of Yoga. That moment was another special moment in my life and I realize that all these blessings are only due to the grace of my Divine parents. Swamiji and Ammaji have given me so much, I can only try my best to continue and live and share Yoga for that

is the only way I can ever express my gratitude to them.

One of the most amazing moments was when all the more than 200 delegates and invitees chanted the "**Om tat sat krishnarpanamastu**" Mantra before the Gala Dinner. My dearest and most loving Swamiji would have been mightily pleased to see and hear that!

Murali and Devidasan played a nice trick on me as I never knew Devidasan was going to come to the convention let alone meet me this time. Imagine my surprise when I opened our room door and he and Murali are standing there with grins on their faces! They had kept an excellent secret and it really warmed my heart to see my dear Gitananda Yoga family making the efforts to be with me. Reunion was the true word for what we all experienced as Gita, Margo, Murali, Devidasan, Bernadette, Lesleigh, Ziggy, Phil and so many others enjoyed our time together in oneness. It was special to have Gita bring her husband Anwar along to enjoy the concert. "I have been trying to get him to a Yoga event for the past 15 years" she said. "And finally he comes today-only because of my darling Ananda and Devasena". Wonderful love gushes forth from Gita at all times and it felt so nice to bring about such a family union and reunion in Yoga.

Intrapersonal, interpersonal and transpersonal union and reunion truly occurred over the days of the convention and I am sure the positive ripples of this will be felt world over in the next few years that will then take the benefits of Yoga to more and more aspiring beings all over the planet.

-Dr. Ananda



*Brisbane resident gets into the groove of the clean up ;0)*

~Photo by Darcy Grant