

# Gitananda Yoga Australia

## ENews: Vol 3.1 March 2017

### This issue:

- Dr. Ananda Tour 2017
- Membership Fees 2017
- 2017 Yoga Get-together
- From Ammaji
- From Murali
- Anam Cara
- Recipe – Celery and Cashew Soup
- Luminosity - Zigi Georges
- News from GY New Zealand

### DR ANANDA TOUR 2017 - SYDNEY and ADELAIDE

- 12-15 October 2017 Adelaide retreat with Integral Yoga Academy of Australasia
- 20-21 October 2017 – IYTA Convention Sydney

Planning has started for Dr Ananda's arrival in October 2017 and we hope that as many Gitananda Members as possible will be able to join us as we fear it may be quite a long time before he returns to our part of the world.

This will be an opportunity to refresh your theory and practice of Hatha Yoga in the Gitananda tradition with Pranayama, Dharana, Dhyana, Relaxation, Yoga Nidra and the role of Yantra in relation to Dharma and Karma. Learn more about Swara Yoga and its therapeutic applications and gain an insight into how Yoga is becoming more relevant to medicine in the modern world.

Early Bird bookings for his Adelaide retreat close on 30 March 2017. Please make booking and payment via Linda Burr and advise her that you are a GYA member. Please see the Retreat Flyer attached with this Enewsletter for details

### MEMBERSHIP FEES 2017:

GYA membership fees are also due by March 30; \$50 for accredited members and \$30 for Associate members. You can pay by EFT - fill in the form online and email the form and your payment details to Murali; or print and fill in the form and post it to him.

**Yogacharya Muralidharan Giri  
Gitananda Yoga Centre Sydney  
26 Trevitt Road, North Ryde 2113  
NSW, Australia**

Here is the link for the membership form to download and fill in:

<http://www.gitananda-australia.org/memberform.pdf>

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## **2017 YOGA GET-TOGETHER: MERMAID BEACH - GOLD COAST**

Bookings are now being taken for our 2017 get-together at 251 Hedges Avenue, Mermaid Beach. This will be held from Thursday 2nd November to Tuesday 7<sup>th</sup> and the cost for the 5 days excluding food is \$450 live-in and \$150 live-out. **A deposit of \$100 is required** to make a booking and membership must be current for 2017. If you are planning to attend please contact Murali for further information [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au) .

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### **FROM AMMAJI - Some General News from Us to You!**

Divine Selves,

It has been a time of crazy consistent change! Not unpleasant! Not unliveable.... But just constant change as though just as we put one foot before another, the earth behind us disappears into empty space! It is difficult to build structures in such a situation – there is only one solution and that is to “keep moving”, anyway Swamiji warned us.... “In life’s flow you cannot stand still .... You can go only forward or backward” ... so of course we prefer to go forward.

More and more, life seems unreal like a picture show, a juggling ... a long, long dream .... These are not my descriptions, but rather those of realized sages for millennia therefore, we cannot take life seriously, but we must take this fact seriously. Event after event has rushed to the shores like roaring lions, then transformed to kittens, softly tap the sands. We are small.... Yet... we are all! All of this phenomenal, existence manifests through us. We do keep busy “Changing tires” because just as we build up momentum, a flat tire manifests....

Well, all this metaphysical Juggery is just to lure you into accepting with a smile, my reasons for being somewhat ....out of touch. I love communicating with all of you.....it Is Dhyana, a meditation for me ....but ....I have had to direct my “mind flow” to those happenings in my immediate environment for some weeks!

Team 48 is a train chugging ahead heroically, creating an excellent sadhana for the February Yantra Course, Madeline from Germany, Maxine from England and Dario from Italy jumped on board. Weather here has been post-card perfect. Cathy and Anandhi led a “Task force” which has given the Ashram an amazing “Shankha prakshalana” cleaning out every nook and corner and producing an amazing “lightness of being” with huge bonfires dispatching decades of karma into the Akash in billows of smoke.

Fire is such a purifier...it is the only one of the five elements which cannot be polluted! That's why the Vedic mystic consider Agni as the Chief of Gods, Meanwhile Yoga Life will keep you abreast of some (not all) of our comings and goings and Ananda keeps “face book” full of our “faces”, so electronically we come “face to face”.

Much love to you dear souls! Let's continue to cultivate our “oneness” in the spirit world and just realize that our “two-ness” in the material dimension is just a bunch of silly maya bubbles!

Affectionately,  
Yours in Yoga,  
AMMA

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#### **FROM MURALI:**

As Amma says, Yoga is allowing us a glimpse of that Sundaram (cosmic beauty of nature).

Did you know that?

- A dog's sense of smell is about 100,000 times stronger than human's - but dogs have only one-sixth of human taste buds.
- Reindeer eyeballs turn blue in winter to help them see at lower light levels.
- Warmer weather causes more Turtles to be born female than male.
- Elephants have a specific alarm call that means "Human".
- and Octopuses have 3 hearts

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#### **A Friendship Blessing (Anam Cara)**

*May you be blessed with good friends.*

*May you learn to be a good friend to yourself.*

*May you be able to journey to that place in your soul where  
there is great love, warmth, feeling, and forgiveness.*

*May this change you.*

*May it transfigure that which is negative, distant, or cold in you.*

*May you be brought in to the real passion, kinship, and affinity of belonging.*

*May you treasure your friends.*

*May you be good to them and may you be there for them;  
may they bring you all the blessing, challenges, truth,  
and light that you need for your journey.*

*May you never be isolated.*

*May you always be in the gentle nest of belonging with your anam cara.*

**by John O'Donohue**

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#### **CELERY AND CASHEW SOUP -Margo Hutchison**

Ingredients:

- 2 Tabs olive oil
- 750g celery, chopped (I used a whole bunch)
- 3 cloves of garlic, chopped
- 1 Lt boiling water plus 1 Tab stock powder (**I used 1 Lt of vegetable stock**)
- 75 g cashews, soaked
- 1 Tab almond butter (I used butter)
- ½ teas sea salt

Method:

1. **Sauté the celery and garlic in oil for a few minutes**
2. **Add the stock and cook for 10 minutes**
3. **Add the cashews, almond butter and salt**
4. **Place in blender on high speed and blend till smooth.**

This thick and creamy soup is quick and easy to make. It is delicious cold or hot and could easily be varied to suit other ingredients. **I soaked the cashews while chopping the celery.**

Luminosity Noosa - Image by Zigi



**FROM ZIGI:** My 2016 Christmas card musing was as follows:

*Though not seen from the valley,  
Up and over every mountain  
There is a path  
To be found or made.*

*Likewise,*

*Every single thought, action,  
Speech or dream  
Has far reaching consequences,  
Good or bad.*

*May you create a route  
That brings you Beauty,  
Meaning and Happiness,  
Today and everyday  
Throughout the coming years.*

But then I had a wonderful reply by our Australian Zen Master (Ky San - Empty Mountain)

*Just now, there is no mountain,  
The Great Universe has swallowed all of the Mountains,*

*There is no need for any Path  
There is no Good or Bad in the High Mountains*

I became silent – for a longish while-but then- here goes:

*In my reality there still are valleys and mountains to transverse via paths existing or freshly made. About the Good and the Bad I am not sure. Perhaps they are just abstract concepts I can use to guide me to favourable or unfavourable outcomes.*

*In yoga, I have learnt that fulfilment is not in the posture done; rather in the consciousness that is created in the doing of it. Often I need to do postures to remind me that life consists of small things that become stupendous when I love. The ego drops and all becomes sacred and holy. Quite amazing! Nirvana is here and now, everything becomes luminous and possible.*

Live life, trust life and dream.

~Zigi 20.01.2017~



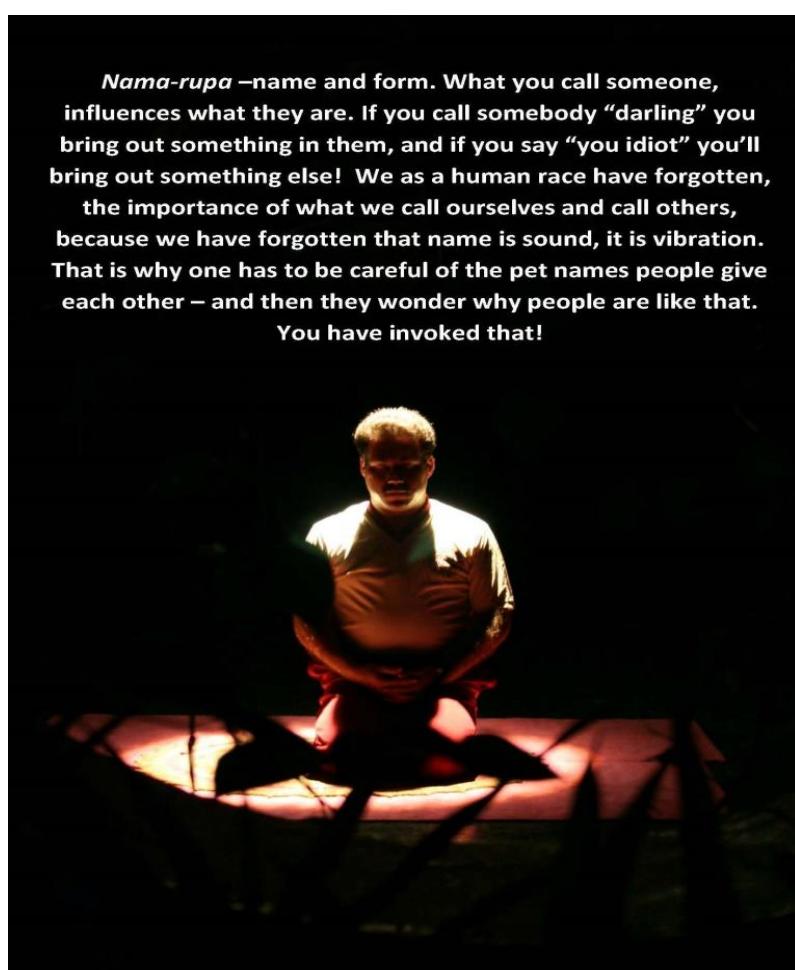
Snowgum in the snow - Image by Zigi Georges

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### Nama- Rupa

**Nama-rupa –name and form. What you call someone, influences what they are. If you call somebody “darling” you bring out something in them, and if you say “you idiot” you’ll bring out something else! We as a human race have forgotten, the importance of what we call ourselves and call others, because we have forgotten that name is sound, it is vibration. That is why one has to be careful of the pet names people give each other – and then they wonder why people are like that.**

**You have invoked that!**



*Life is purposeful: Although Life is One, it manifests in two opposite stages; one is involution, and other, evolution. The Self, which involves itself with life, also evolves out of the manifest form of life. There is no real creation or destruction, only the polarity expressed by various forms of consciousness and experience, in an eternal involutionary/evolutionary cycle that manifests in time and space, but is neither of the former.*

*There is no such thing as equality at any level, as equality suggests “two-ness.”*

*The goal is Oneness. Its path must therefore be one leading to that Oneness with life. Education, philosophy and religion may lead one to the path, yet the path knows no name, but is expressed by the term “Yoga,” a methodology releasing man’s latent spiritual qualities, and encouraging universality of thought, deed and action.*

**From "The Yoga Dristhi of Yogamaharishi Dr Swami Gitananda Giri Guru Maharaj", an in-press compilation of brief extracts from Swamiji's teachings by Dr Alan Davis of Cornwall, UK.**

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**"Hanging on to resentment is like letting someone you despise live rent –free in your head"**

**~Ann Landers~**

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## **NEWS FROM NEW ZEALAND: Cathryn Doornekamp**

All is well here in New Zealand. It feels like we have missed a season though. Summer has only just arrived on the Kapiti Coast where the Lotus Yoga Centre is located and local residents are making the most of it!

We are pleased to report that the new year has got off to a good start, with the classes at the Centre well attended during the holiday season. Classes are held all year round except when a class falls on a public holiday. A new intake of keen Classic Yoga students met in February for their first lesson. This four year course was first initiated in 2002 by Eric Doornekamp and has been extended to a ten year course for students who wish to pursue their studies further.

Recently Eric was awarded Honorary Life Membership of Yoga Aotearoa I.Y.T.A (NZ) Inc. in acknowledgement of his contribution to yoga in New Zealand. He joined I.Y.T.A in the early 1970's and has been a Fellow Member for many years. He served on several Committees, helped organise Conventions, was Teacher Training Coordinator, wrote material for several diploma courses and travelled throughout NZ holding regional yoga weekends. At present he is a regular contributor to the Association's quarterly Newsletter.

Aum Shanthi



Cathryn

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Your contributions are always welcome for our next eNewsletter, if you have a favourite practice, a meditation, a recipe, an anecdote, an interesting story, a favourite quote or something you could share with us all please email it to [marg0yoga@bigpond.com](mailto:marg0yoga@bigpond.com) ..