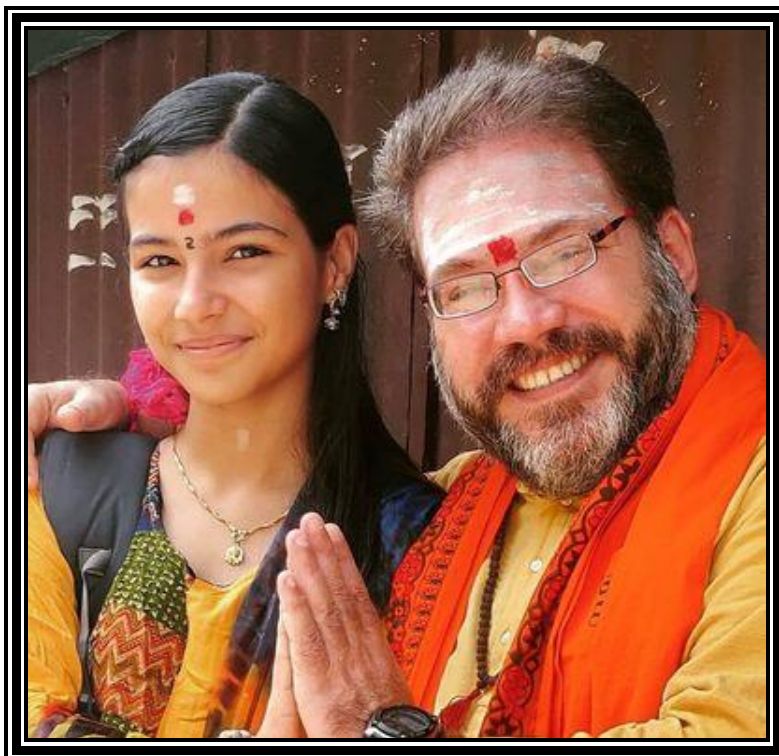


Gitananda Yoga Association

eNews: Volume7:2 June 2021



A VERY HAPPY DHIVYA with APPA on her 18TH BIRTHDAY

NAMASTE!

What a year it has been, the COVID19 Pandemic has brought unprecedented and swift changes to all of our lives. The effects of it upon human health, economic activity and social engagement have been swift and far reaching. So many unexpected and unpredictable events have occurred; so many souls have departed from this planet, it has been both a disaster and a blessing. Emerging evidence shows that the pandemic has had dramatic mental health impacts, bringing about increased anxiety and greater social isolation due to the physical distancing policies introduced to control the disease. In this context, it is possible to appreciate the health consequences of loneliness and social isolation more deeply, which researchers have argued are enduring experiences for many people.

Yet during the past year despite extreme personal difficulties compounded by imposed restrictions and lockdowns, our amazing Anandaji has never missed a beat with his regular YouTube dialogues and presentations designed to keep us all motivated, uplifted, and connected to the deep love and wisdom of our Gurukula. How very blessed we all are to have chosen this path and to be living in this unique time in history.

THERE IS NO RAINBOW WITHOUT RAIN

By Eva Hadzipetrova - 15 years UNICEF Young Reporter

I've been thinking a lot - what is it that will come out of all this? Equality! This situation has shown us that we are all the same regardless of our religion, culture, customs, whether we are poor or rich. The virus simply does not choose. It connected us in a way, it showed us we humans are fragile by ourselves. Our strength lies in being part of a community.

Our strength lies in being part of a community

We do not live without relationships, and we should never forget that. We have a very caring and shared connection between us and it's amazing to see how we stick together at times. Sharing is caring. Sometimes we need to remember how important kindness is. We need to remember that we have been given a gift called life and that we should appreciate it.

Everything can end tomorrow. Focus on what is important to us. When all this is over, Earth will continue to spin, and life will flow again. The question is whether by then we will have learned our lesson. Let us be mindful of our Earth and it will be kind to us. There is no rainbow without rain. Remember that.

Lessons We Will Learn From the Pandemic

<https://www.unicef.org/eca/stories/lessons-we-will-learn-pandemic>



SPECIAL OFFER TO GYA FINANCIAL MEMBERS.

Current financial members are now entitled to receive a **10% discount** on the Euro cost of any of Dr. Ananda's Online Courses. <http://www.icyer.com/Online%20Courses.htm>

- Please contact ananda@icyer.com for pricing or to register in upcoming sessions and/or to purchase a complete set of recordings of these earlier Zoom sessions.
- Our GYA Association responded to Ananda's request for Financial support for ICYER with \$Aus1,162.00 via International Money Transfer to Ananda. GYA will continue to Support ICYER Financially.

CHOICEST BLESSINGS WITH DIVINE GRACE by Shanti Gowans

*Direct and guide your energy to the centre
From where consciousness flows in various degrees and grades.
Deep within the centre of your being resides the guru.*

*Before you were born you decide many things:
your parents and the relationships you want to experience,
your gender and sexual orientation,
your place, time, and situation in life
and even the cause of your death.*

*Your choices, always made with free will
reflect the spiritual work you want to accomplish.*

*In a crisis, or whilst feeling despair, depressed, fearful, or anxious,
know that you have mentors who come in and out of your life
at certain periods of time,
standing by,
protecting you from harm.*

*Feel the strength of that presence.
Sense that confidence within yourself.
The self-assurance is what you need at this moment.*

*Stay relaxed and grounded.
Pay attention to your thoughts.
Remove the gatekeeper at the door of your soul
and focus of love.*

*Have faith in your abilities.
Work from love and not fear.
Strength and courage is with you every step of the way.
Surround yourself with light.*

*Enter into the light of God.
Blessed are those who are guiding
and blessed are those who are being guided
May you be happy, healthy, and wise.*



VISHWAMITRA AND THE WISH-FULFILLING COW

A King called Vishwamitra goes on a hunt in the forest with his army. He decides to pay his respects to the sage Vasishtha and during his visit the sage invites him to stay for a meal.

"Do you have enough food to feed my army?" asks the king.

Vasishtha replies that he has been given a special wish-granting cow called Nandini and she will provide the feast for the king and his army.

When the king sees the cow he asks Vasishtha "What will you do with a cow like that in the forest? If you give her to me she will be more useful to me than to you."

When Vasishtha refuses, the king declares "I am the king and I want that cow".

"No" said the sage, "she is a Divine Cow, and she only comes of her own accord".

This makes the king furious, and he forcibly captures the cow and takes her to his palace. Separated from the sage, who was like a father to her, Nandini runs away from the palace and back to the sage who magically plants a stick in the ground which prevents the king and his army from getting past.

The king now wants to have this magic power even more, so he goes to a forest to perform a long penance to the god Shiva in order to get Nandini back. After ten years of penance, the god Shiva was very pleased and rewards him with many weapons. The king takes the weapons and goes off to fight the sage. But once again he is unable to defeat Vasishtha who deflects all his weaponry with one powerful weapon.

Determined to win, the King returns to the forest to perform even more penance. He meditates for many years and becomes a Brahma-rishi and finally gains all the powers required to get Nandini back; however by this time he has attained such a state of mental peace that he no longer desires the cow.

The veneration of the cow can be traced back to the Vedic period and the spiritual significance of the cow is readily apparent from the use of milk, butter, and ghee in Vedic ritual ceremonies.



HE WHO LAUGHS - LASTS!!

GUIDELINES FOR ENLIGHTENMENT By Swami Beyondananda

1. Be a Fundamentalist make sure the Fun always comes before the mental. Realise that life is a situation comedy that will never be cancelled. A laugh track has been provided and the reason we are put in the material world is to get more material. Have a good laughsitive twice a day, and that will ensure regularhilarity.
2. Remember that each of us has been given a special gift just for entering – so you are already a winner.
3. The most powerful tool on the planet today is Tell-A-Vision. That is where I tell a vision to you, and you tell a vision to me. That way of we don't like the programming we're getting we can simply change the channel.
4. Life is like photography. You use the negative to develop
5. It is true. As we go through life thinking heavy thoughts, thought particles tend to get caught between the ears, causing a condition called truth decay. So be sure to use mental floss twice a day. And when you are tempted to practice tantrum yoga, remember what we teach in Swami's Absurdiveness training class: "Don't get even, get odd."
6. If you want world peace, we must let go of our attachments and truly live like nomads. That's where I no mad at you, you no mad at me. That way there'll surely be nomadness on the planet. And peace begins with each of us. A little peace here, a little peace there, pretty soon all the peaces will fit together to make one big peace everywhere.
7. I know great changes have been predicted for the future, so if you're looking to avoid earthquakes, my advice is simple. When you find a fault, just don't dwell on it.
8. There's no need to change the world. All we have to do is toilet train the word and well never have to change it again.
9. If you're looking to find the key to the Universe, I have some bad news and some good news. The bad news is: There is no key to the Universe. The good news is it has been left unlocked
10. Finally, everything I have told you is channeled. That way if you don't like it, it's not my fault. And remember enlightenment is not a bureaucracy, so we don't have to go through channels.

HA HA - HA HA HA

HO HO - HO HO HO

HE HE - HE HE HE

ME ME- ME ME ME

THEE THEE - THEE THEE THEE

GO GO-GO GO GO

QUOTES FROM THE 'BIG BOSSES'

- IGNORANCE is because we IGNORE something
- The biggest problem with LIFE is the IF in the middle
- If your life is falling apart, pick up the pieces you wish to keep and put yourself back together
- Yoga is the STILL in STILLNESS
- I hope you have the ears to hear it; the heart to accept it; and the will to put it into ACTION
- The correct cultural pronunciation is **HA – THA** and not Hatha
- On the Yoga path we need to remember to remember because we forget to remember

.....

MEMBERSHIP FEES for 2021-are now overdue.

This is a friendly reminder that your membership of our Association was due for renewal by 30 March 2021. To renew or update your membership Please Pay:

- Account:498 569 383 - BSB: 015 025
- Kindly email Murali when fees are paid via EFT.
- **\$30 for Associate membership**
- **\$50 for ICYER Accredited or Teaching members** – whose details are listed on the Accredited page of our Website <http://www.gitananda-australia.org/>

Your ongoing financial support is very much appreciated.

ANNUAL GENERAL MEETING 2021

Our annual retreat will hopefully be held at **Diamond Head Beach Resort**, Broadbeach Gold Coast from 21st to 26th October 2021 and will include the AGM on **Saturday 23 October 2021**

Current committee members who do not wish to be reappointed and members interested in nominating for a committee or State Liaison position, please contact Murali ASAP. All office bearers are required to be financial members.

.....

Contributions are welcome for our next eNewsletter, have you a favourite practice, a meditation, a recipe, an anecdote, an interesting story, or something you could share with us all. Please email it to me margosyoga@hotmail.com for the next edition in November.