

Gitananda Yoga Association

eNews: Volume 7:1 March 2021

NAMASTE!

We begin this issue with a beautiful story from Dr. Ananda describing some of the insights he has gained from tending to Ammaji during this 'rejuvenation' period of her remarkable life.

AMMAJI'S KAYA KALPA

We are truly fortunate to live on this planet at the same time as the "Living Siddha of Pondicherry", our beloved Ammaji Yogacharini Meenakshi Devi Bhavanani.

I have never known any other human being who has positively influenced the spiritual transformation of so many seekers through her loving guidance and exemplary life of Yoga. She has been the most amazing Divine Mother, Guru and loving "Best Friend" all rolled into one *Stupendous Humane Being*.

For the past three months I have been fortunate to serve her as she goes through her own Kaya Kalpa, the rejuvenation that all Siddhas must undertake at some time or the other. As a loving son and sishya, I consider this the highest blessing of my life. The Universe has given me an opportunity to give back to her a small bit of the infinite unconditional love she has bestowed on me for my entire life. I am nothing but her grace and love, for everything I have of value is a gift from her and Swamiji.

Every evening I sing half a dozen songs for her and we have intimate conversations on many topics with jokes, wit and other tidbits that spice up human relationships. We have had many interesting conversations over these months and she always comes up with short and witty comments to my questions. These have taken on the form of unique Ammaji aphorisms or **Ammaji-isms**.

I felt it would be nice to reproduce a few of them for the benefit of our readers.

Ananda: *I hear you say that gratitude is the best therapy. What is gratitude?*

Ammaji: *Love.*

Ananda: *What is love?*

Ammaji: *Purity and beauty.*

Another conversation came about as we reviewed the many thousands who were fed on Guru Puja at Sri Kambliswamy Madam (Samadhi site) during the grand celebrations on 13th January 2021. I told her that more than 2000 people got a good meal on Guru Puja and she replied, *"That's great!"*

Ananda: *You and Swamiji have fed so many thousands and thousands through your work in the past 50 years.*

Ammaji: *Yes, we have.*

Ananda: *And few have expressed their gratitude. Many have never even bothered to express any gratitude to you.*

Ammaji: *That is just who they are.*

Ananda: *Do you regret any of it?*

Ammaji: *Not at all.*

Ananda: *Are you happy.*

Ammaji: *Well, we just did what we had to.*

Yogeshwar Sri Krishna's teachings of "*Nishkama Karma*" come alive so much with my dearest Ammaji. All I can wish is that we all be blessed to live these highest teachings with our every breath.

On another occasion, my deepest gratitude and admiration for her was expressed as I said, "*You are truly great Ammaji!*" She took a deep breath and replied, "*I am NO ONE!*" Again and again the Universe reminds me that humility is the sure-fire sign of greatness and Ammaji, you are way up there in the ratings.

On a Sunday morning I was off to the Madam for the Puja and said, "*I am off to the Madam for Puja and will ask all the gurus to take care of you*". Pat came her reply, "*No need to do so. They are already doing that.*"

As I finished singing for her one evening, she said something about love and so I asked her, "*Ammaji, what is love?*" "*A little girl*", she replied. I continued, "*Does she look like Dhivya Priya?*" With a giant smile on her face she said, "*Well, her grandmother thinks so!*"

The wider and greater perspective never puts anything into a box as it is truly infinite. Ammaji showed me how she has transcended all these limitations when I asked her, "*Ammaji, am I good or bad?*" and she answered right away, "*I will not put you in a box!*"

In the past few months, she has taught me more than she has in the nearly five decades of this lifetime. These teachings have come through her words, her silence, her smile and through life-situations created by her recuperation. Many people have come into my life and some have left. All of this has created an introspective steep learning curve and in moments of despair I have asked her, "*Ammaji, what is my Sadhana, what am I to focus on?*"

And.....she answered, "*Nothing*".

In that moment, I realized **EVERYTHING!**



“Beauty is the illumination of your Soul” John O’Donohue

***“God gave us eyes to see the beauty in nature and hearts to see the beauty in each other.”
Anonymous***

THE INCREDIBLE DR 'ZOOM'

The restrictions imposed during COVID-19 have afforded Yogacharya Dr Ananda Balayogi Bhavanani a unique opportunity to concentrate his efforts on promoting the teachings of our Paramparai in some amazing ways. He has become "*THE RING MASTER OF THE 'COSMIC CORONA CIRCUS'*" conducting regular online classes in Yantra, Mantra and Yoga and has continued to provide stimulating insight and philosophical expositions via his regular Saturday sessions creating an enormous Global Satsangha with his regular weekly sessions and numerous online courses. And this has all been done "*after hours*" as he continues his full-time role as Director at CYTER at Sri Balaji Vidyapeeth which involves a two-hour daily commute to his office as well as overseeing the daily care of Ammaji and the numerous activities of the Ashram

Dr. Ananda has successfully concluded the following online courses with hundreds of enthusiastic participants from all over the globe joining the "Zoom Womb" and "Rishiculture E-Gurukula".

- **Yogadarshanam** (16 hours)
- **Yantra Navangam** (18 hours)
- **Adhikara Yoga** (12 hours)
- **Mantra Yoga Sadhana** (28 hours)
- **Yogic Psychic Neurology** (24 hours)
- **Satsanga 999** (18 hours)
- The **52-week Yoga Step by Step Course** (YSS) which has been from the offered online from the 2nd of October 2020 has online guided sessions with Dr Ananda and the International Associate Teachers of the Rishiculture Ashtanga (Gitananda) Yoga Tradition via Zoom every Sunday.

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YOGA STEP BY STEP COURSE

The current course is now almost halfway through, and the students and mentors who have voyaged on this initial journey with Dr Ananda via the **Zoom Womb** have had the exceptional advantage of his insightful exploration of each lesson as he distills the essence of these wonderful **Rishiculture Ashtanga (Gitananda) Yoga** teachings for our benefit.

It reminds me of a marvelous archeological dig which we have been privileged to be part of and leading the dig is Dr Ananda, our *SPIRITUAL ARCHAEOLOGIST* meticulously revealing and illuminating the significance, brilliance, and deep wisdom in Swamiji's often prophetic words, penned in the 1960's but remarkably relevant for today's world sixty years later.

Those of us who are privileged to be the Mentors on this course, continually remind ourselves of how fortunate we are to be able to connect face-to-face globally in real time in a way that would not have been possible before COVID.

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.

MEMBERSHIP FEES DUE BY MARCH 31, 2021

Membership fees current to April 2022 are due now. Your ongoing financial support for our Association is very much appreciated. May we all have a fruitful sadhana through 2020!

Please Pay:

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

ANNUAL GENERAL MEETING 2021

Our AGM will be held at our 2021 retreat later this year date to be advised.
Current committee members who do not wish to be reappointed please email Murali.
If you are interested in nominating for a Committee or State Liaison position, please email Murali ASAP. All office bearers are required to be financial members.

Current Australian Committee

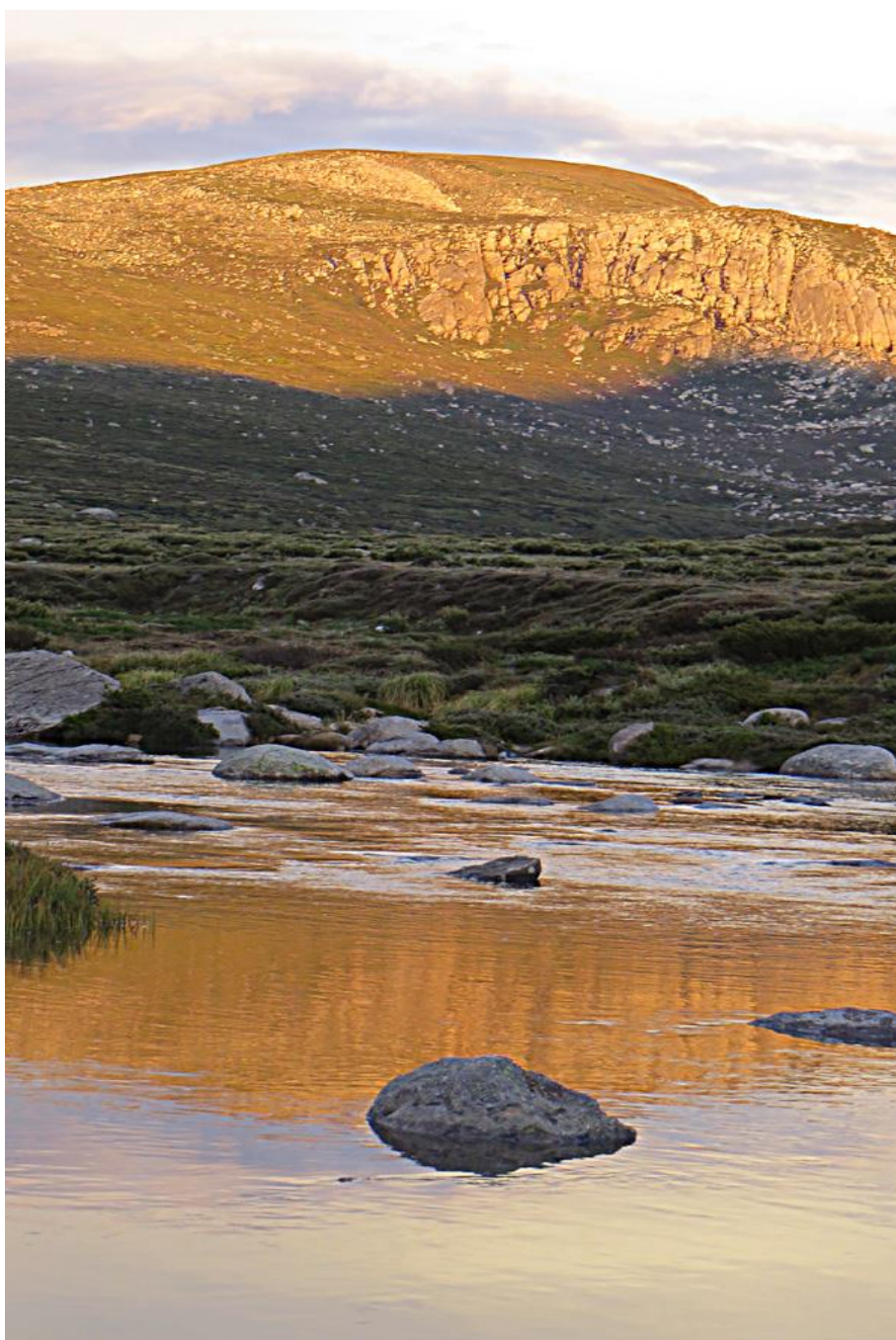
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|----------------------------------|-----------------|
| • Chairperson & Treasurer | Murali |
| • Secretary & eNewsletter Editor | Margo Hutchison |
| • Step by Step Course Tutor | Niramathi |

State Liaison Officers:

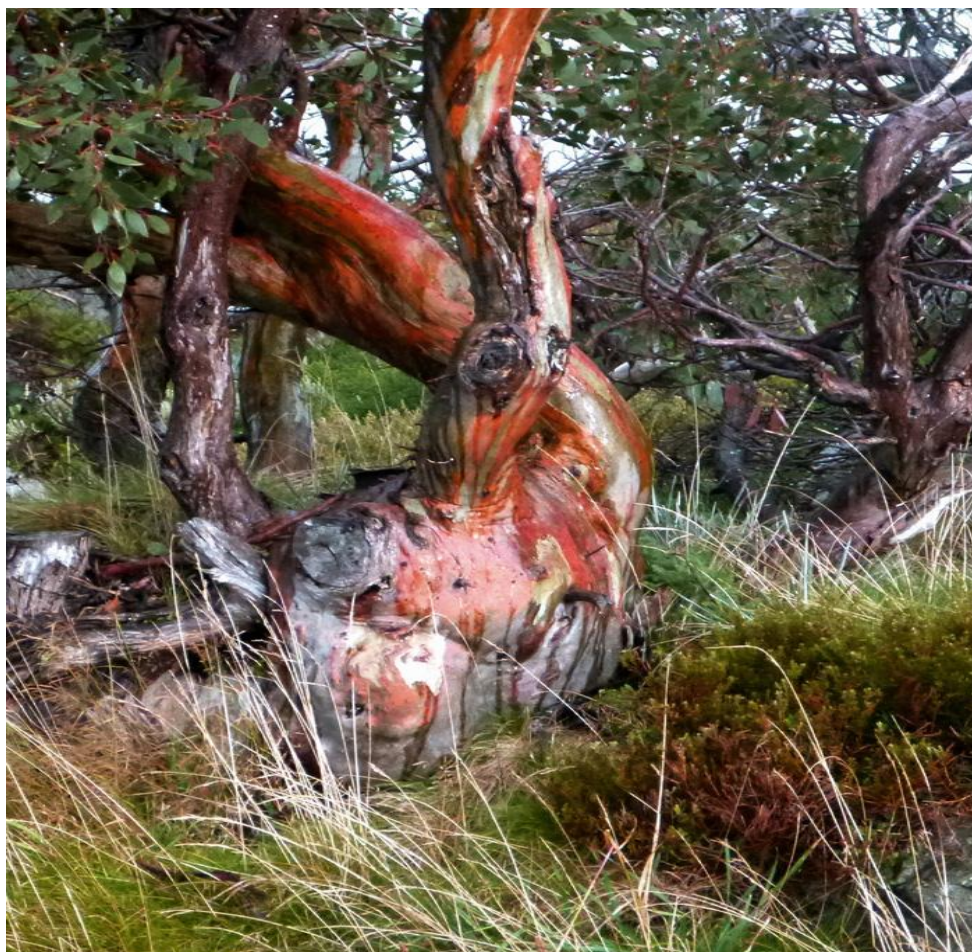
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|-------------|--------------------|
| • NSW | Murali |
| • Qld | Margo Hutchison |
| • WA | Margaret Willcocks |
| • Vic & Tas | Bernadette Hearn |
| • North Qld | Wendy Snape |
| • SA | Devidasan |

NATURE'S WONDERS - as captured by ZIGI GEORGES.

Like in yoga, capturing nature's wonder on camera depends on the right seasonal conditions and being prepared to undergo considerable hardships to capture the exact moment. Minutes earlier or later and there is just dull grey. Some technical skill also required; hence we practice all the many yoga techniques to be ready for moksha. Here are two mountain images (they have NOT been digitally enhanced)



Mt. Stillwell just on sunrise, last few seconds



Snow Gum, *Eucalyptus pauciflora*, meaning few flowers.

It makes up for it by the bark developing red colour in late Autumn. It grows on the margins of life. Any higher, and no trees survive the ferocious storms. The beating it gets can be seen in the twisted trunks. Any lower, and it cannot survive the competition from other trees. I fell in love with Snow Gums one rainy, stormy day when I wandered away from the Lodge and discovered trees that change from uniform dull grey to magnificently coloured robes in the rain!

In Lands I Never Saw, They Say

by Emily Dickinson

In lands I never saw, they say,
 Immortal Alps look down,
 Whose bonnets touch the firmament,
 Whose sandals touch the town, —
 Meek at whose everlasting feet
 A myriad daisies play.
 Which, sir, are you, and which am I,
 Upon an August day?



Along with Yogacharinis Latha from Germany, Jnanasundari from France, Zenna from Canada, and Mugs McConnell from Canada, I was immensely honoured to be presented with this beautiful award designed by Dr Ananda.

Presentation of "Yoga Shakti" Awards 2021 by ICYER of Ananda Ashram, Pondicherry, India. <https://www.youtube.com/watch?v=x6EEZH2Xp3M>

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**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](mailto:margosyoga@hotmail.com) for the next edition in September.

Namaste