

# Gitananda Yoga Association Australia Inc.

## eNews: Volume 8:2 June 2022

### **NAMASTE DEAR MEMBERS OF THE GITANANDA FAMILY**

#### **BON VOYAGE**

To Yogacharya Muralidharan who is off to India on the 14<sup>th</sup> June and will return on 6<sup>th</sup> July and I look forward to including his news and photos in the next edition of eNews.

#### **AUM - THE SUPREME MANTRA**

Our theme in this edition is the Pranava AUM, a symbol familiar to students of yoga. It is an eternal word. A vibration of great power recognised as the greatest of all mantras. AUM is said to be the primordial sound that was present at the creation of the universe; the original sound that contains all other sounds, all words, all languages, and all mantras. Containing all the names of God. The triple divinity, Brahma - the Creator, Vishnu - the Preserver and Shiva the Destroyer or preparer for change.

Spelled as OM it is sounded in three syllables, A - U - M representing three states of consciousness. The waking state; the dreaming state and, deep dreamless sleep. Yoga suggests that beyond these states lies the ultimate reality, a higher consciousness. This is "Samadhi" the state of being fully aware, fully awake; in which we feel unity with the whole of creation, where we feel our divinity and recognise the force behind all creation.

OM this eternal word is all.

It is what was.

it is what is.

It is what will be.

It is all.

~ *Mandukya Upanishad* ~

#### **FROM THE PURANAS - LORD KARTIKEYA and THE MEANING OF OM**

When Lord Kartikeya was a young child, His father and Guru, Lord Shiva asked him to go and study and receive education from Lord Brahma. So Kartikeya went to Lord Brahma and asked him, "Please tell me the meaning of Om". Lord Brahma said, "You are directly asking for the meaning of Om! But first you must learn the alphabets."

Kartikeya said, "No, I want to know the highest knowledge first."

Now Lord Brahma knew all about the alphabets, but he did not know the meaning of Om (the primordial sound). So Kartikeya said to Lord Brahma, "If you do not know the meaning of Om, how can you teach me? I will not study under you." And so Kartikeya went back to his father, Lord Shiva.

Lord Brahma told Lord Shiva, “You re the only one who can handle your son. I can’t handle him. If I say this, he says that. Whatever I say, he says the exact opposite of that. I will not be able to teach him. So, it is up to you to handle him and decide what is best ”. Hearing this, Lord Shiva asked Kartikeya, “What happened son? Lord Brahma is the Creator of the entire universe. You must learn from him.”

Kartikeya replied, “I want to know the meaning of Om, and he does not know, can you tell me what the meaning of Om is?” Lord Shiva smiled and said, “Even I don’t know that.” “Then” said Kartikeya “I will tell you because I know the meaning of Om.” “Then tell me the meaning since you know it”, said Lord Shiva. “No, I can’t tell you like this. You have to give me the place of the Guru. Only if you put me on the pedestal of the Guru can I tell you”, said Kartikeya.

This would mean that the Guru, the teacher, has to sit on a higher place or on a platform and the student has to sit down and listen to him. How can Lord Shiva, the highest and greatest of Gods, find a seat higher than himself?

So, Lord Shiva, lifted the young Kartikeya onto his shoulders. And then in the ear of Lord Shiva, Lord Kartikeya explained the meaning of the Pranava Mantra (Om). Kartikeya explained that the entire Creation is contained in Om. The Trinity - Lord Brahma, Vishnu and Shiva are all contained in Om. Om means that everything is love; unbroken and unshakeable love is Om. Upon hearing this, Goddess Parvati (Mother of Lord Kartikeya, and an incarnation of the Mother Divine) was elated and overcome with joy. She said, ‘You have become a Guru (Swami) to my Lord (Natha)!’ Saying this she addressed her son as Swaminatha, and ever since Lord Kartikeya has come to be known as Swaminatha.

So, in this way, Lord Kartikeya assumed the position of the Guru and explained the meaning of Om to his father Lord Shiva by sitting on his shoulder. This is the essence and also the secret of Om that Lord Kartikeya narrated to Lord Shiva.

(<https://wisdom.srisriravishankar.org/significance-of-lord-kartikeya/>)



### ***REFLECTIONS ON THE PRANAVA OM***

The following poetic reflections on the Pranava AUM were contributed by two of our newer GYAA members who participated recently in the Nada Immersion Course led by Dr Ananda and Dr Sangeeta. Nada is the yoga of sound.

**MY EXPERIENCE OF PRANAVA IN 108 WORDS***Hwamin Fettes (SA Member)*

Feeling my body,

sensitive sensual touch.

Front-side-back, back-side-front.

Expanding, pulsating, vibrating,

softening, slowing down, grounding.

Breathing deeply,

inhale-exhale, inhale-exhale.

Counting, structured.

Finding my own rhythm.

Letting go. Surrender

Listening to my voice,

unsure, uneven, shaking and flipping.

Adjust, refine, trust and grow.

Expressing who I am.

loving without judgement.

Feeling the Divine Prana,

buzzing, tingling, healing, nurturing.

Warm and golden.

Life giving, live sustaining.

Flows through me, my breath, my voice.

Each incantation unique in expression,

perfectly imperfect,

just like we are.

Falling in love with AUM.

Rising in AUM

Listening to the Silence.

That Is. That Was. That Will be.

Always. Everywhere.

Pranava AUM.

Vehicle and Destination.

## THE PRANAVA

*Peter Higgins (Vic member)*

- A**     *Vibrating low, deep down in the body.*  
*Another beginning, grounding, and becoming present, marking this time and place as sacred.*
- U**     *Resonating throughout the chest and heart centre, rising into the throat.*  
*Building the feeling of connection that sustains the continuity of breath, of sound and life.*
- M**     *Reverberating within the head, drawing the mind upward.*  
*Leading ever higher, onward, becoming more subtle and refined.*  
*As the sound dissolves back into its source, silence, a pause, yet there remains an echo in the quieter places of the mind.*
- AUM.**   *Complete and whole. Beyond description.*  
*Nothing more to do or be.*  
*Just begin again...*

*A... U... M...*



## Quotable (Gitananda) Quotes

- ❖ Samadhi is inside us. The inner journey takes the most courage. A brave heart that knows no fear.
- ❖ Let the breath move you and the Force will be with you.
- ❖ The spiritual path is full of bumps.
- ❖ You cannot wish for a path with no challenges or obstacles. Ask for the qualities of strength to overcome those challenges and obstacles.
- ❖ Ganesha is the obstacle for the obstacles.

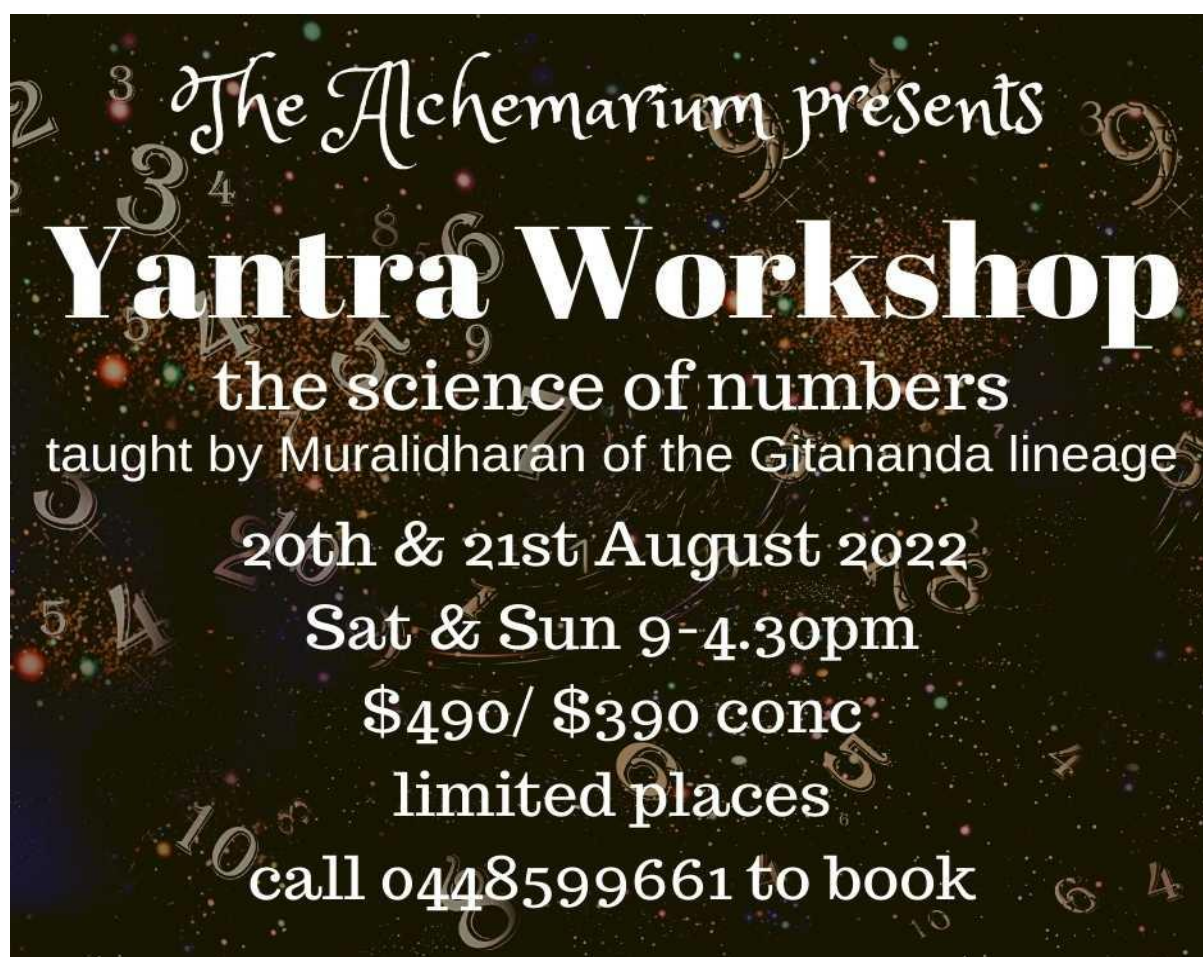
## ***YANTRA WORKSHOP 20 &-21<sup>st</sup> August with Muralidharan***

Yantra is the Yogic Science of Number, Name and Form.

This weekend workshop, held in the beautiful tranquil surrounds of The Alchemarium in Ocean Grove, Victoria will cover the aspect of Number.

Over the weekend, Senior Gitananda Teacher, Muralidharan will guide you to a deeper understanding of your birth path numbers, yearly, monthly, and even daily cycles. This tool enables you to harmonise with the underlying forces at work and provide clarity about why things might feel harder or easier at certain times.

For more information or to book your place, please contact Niraimathi at 0448599661 or email [thealchemarium@gmail.com](mailto:thealchemarium@gmail.com)



The Alchemarium presents

# Yantra Workshop

the science of numbers  
taught by Muralidharan of the Gitananda lineage

20th & 21st August 2022  
Sat & Sun 9-4.30pm  
\$490/ \$390 conc  
limited places  
call 0448599661 to book

## **YOGA RETREAT for GYAA MEMBERS**

**Wednesday 26th to Monday 31st October 2022**

This is a wonderful opportunity to meet up with other Australian members in a lovely resort on the Gold Coast, to learn or refresh Gitananda Yoga practices, under the guidance of senior Yogacharya Muralidharan.

Contact [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au) for further details.



## **MEMBERSHIP FEES 2022-2023**

**Have you renewed? Fees for 2022-23 are due for renewal -**

- Please pay account: #498 569 383 - BSB: 015 025
- Email Murali when fees are paid via EFT.
- **\$30 for Associate membership**
- **\$50 for ICYER Accredited/Teaching members** who wish to be listed on our website (See below)

## **GYAA WEBSITE UPDATE**

- Our website <http://www.gitananda-australia.org/> has been updated and each page e.g., **Contacts**, will need to be **reloaded or refreshed** when it is accessed.
- On the **Gallery page**, moving your curser over each photo will reveal the details for that photo.

## **SPECIAL OFFER TO ALL GYAA 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**.
- Please contact [ananda@icyer.com](mailto: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.

**CONTRIBUTIONS** are welcome at any time for our eNewsletters. Have you a favourite practice, a meditation, a recipe, an anecdote, an interesting story; or an event or workshop happening. Please email to [margosyoga@hotmail.com](mailto:margosyoga@hotmail.com)