

Gitananda Yoga Association Australia Inc.

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NAMASTE DEAR MEMBERS OF THE GITANANDA FAMILY

This edition of eNews features

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HIGHLIGHTS FROM MURALI'S VISIT TO THE ASHRAM JUNE 2022

Wed 15th June:

I arrived at ICYER at conclusion of morning aarti/puja finally able to meet Ananda in person after 2 years of lockdowns. Two students, Tejaswi/Uma, and Shirley were at ICYER studying for yoga therapy exams and Jyoti Priya of team 49 was also there. Most days after breakfast we would have karma yoga sessions either in the library, the book archive room, or in back garden and every evening at 7pm Ananda would lead us in a bhajan session in Amma's room.

Ammaji:

It is now over 12 months since Ammaji's stroke. She spends most of her day in her room and has nurses doing three shifts per day and physiotherapy twice a week. Twice a week the physio takes her to the beach in her wheelchair and the students visit her daily to massage her feet and her neck. She loves to have visitors and on 16th of June we listened to some amazing mantra chanting with Jyoti Priya online with Amma, which was organised by Ananda.

Scintillating Saturdays:

I was fortunate to be present for several of these sessions which were recorded on the **roof next to Swamiji's hut. I attended Ananda's 101st session on Vishuddha chakra, 102nd session on Ajna chakra and 103rd session on Sahasrara chakra and attended three Sunday pujas at madam paying respect to our illustrious Paramparai lineage.**

*Sun 19th June: **Swamiji's new roof***

Over the past ten years or so Ananda and Ammaji have had an enormous job repairing and renovating the Madam which had deteriorated over the years and badly needed restoration. Recently **Swamiji's samadhi** had a new roof installed and today, at the

Madam, I was honoured to be able to present Ananda and Dhivya Priya with our Dakshina, a cheque for \$1500 from our association. Thanks to our Australian members, we now have Swamiji covered!

Tue 21st June. International Yoga Day:

The ICYER contribution to this international event was conducted with a 6:30 am yoga session at the Madam, led by Ananda, using same protocol as all ashrams in India. This was followed by special 19th birthday lunch for Dhivya Priya at ICYER.

I returned to Australia fully refreshed and inspired having connected with my yoga family members again. I am looking forward to returning in September 2023 for **Ammaji's 80th** Birthday celebrations.



As Murali mentioned, Sri Kambliswamy Madam at Thattanchavady has been steadily undergoing restoration over the last 10 years, to renovate, restore and repair the damage and deterioration done by time and forced neglect during the years when they were powerless to do very much to it. This work has been a major undertaking and a costly project, but the effort and expense have resulted in an amazingly beautiful facelift which has brought bright, rich colours back into the artworks, reanimating them with strength, energy, and vitality. This restoration will preserve and sustain the heritage value of the structure for generations to come.



GYAA's dakshina being presented to Dr Ananda & Dhivya Priya at the Madam



New roof over Swamiji's samadhi at the Madam



Dhivya's birthday lunch at the Ashram

MY EXPERIENCE OF GITANANDA NADA YOGA IMMERSION -

Hwamin Fettes

This was such a beautiful course taught by Dr Ananda and Dr Sangeeta which opened my **perspective for deeper understanding of Swamiji's teachings. I very much enjoyed every** class as there was always something that touched my heart, they were so beautiful I **couldn't help myself but to smile while listening to their dynamic** teachings. I am so grateful to them both for opening my awareness to my voice and the power that lies in it.

During the immersion I have learnt that Nada, often translated as sound, actually means the Pure Vibration. Nada coalesces into a point or Bindu, an aperture through which the manifestation or creation unfolds as Kala. Hence Nada pervades in creation, in sounds and in silence. Nada is Eternal and is Anahata, the unstuck sound without cause. Nada is Ishwara which is Pranava according to Maharishi Patanjali.

Nada exists in our breath as the SO HAM Mantra. So Ham is the Nada of Prana, that sings to **us "ALL THAT IS, I AM" in every breath (26000 times a day), from our first inhalation till** our last exhalation. It was wonderful to learn that my voice is an expression of the Vak Devi, and that my voice is a Divine gift. I have freedom with responsibility to use my voice with respect according to my Dharma. Our vocal cords are a portal, like a Bindu, where our thoughts are coalesced and expressed in our voice through the vehicle of our breath. We have choice over what and how we manifest.

When we make a sound, it is produced in our vocal apparatus. The sound vibrates up into the skull and down through the spine and spreads into the shoulders, ribcage, and pelvis. The sound vibration continues into the upper and lower limbs. Hence the sound is created and experienced in whole body.

One of the key practices of Gitananda Yoga is Pranava Pranayama. It is one of my favourite practices of our Parampara and because of what I have learnt from Gitananda Nada Yoga Immersion, I now have deeper appreciation of this magical practice and I have fallen in love with Pranava Pranayama all over again.

In Pranava Pranayama, the body, breath, mind, and Nada are united, just as Akara, Ukara, and Makara unite and become AUMkara, the Pranava, the name of God in vibration. I feel the Prana in different lobes of the lungs, while listening to the Nada of A, U, M vibrate in my voice, my breath and in my Pancha Kosha. I listen with my ears, with my spine, with my heart and through the whole body. With trust, I surrender myself and withdraw inward **and merge into AUM where I lose myself. Then I am blessed with a tiny glimpse of "AUM as experience" as Swamiji teaches us. My words are inadequate to express the beauty of** Pranava.

With the knowledge I gained through the Immersion, I am better at conveying the subtle process of our vocalisation, the journey of the sound vibration and importance of active listening and the need to develop the ability for inner listening which opens our subtle senses to the inaudible, Pure Vibration of AUM as Nada. I also try to communicate an approach to Mantra chanting as devotional invocation of Divinity within us, instead as **"emotional singing"**.

Comments I get from my students are that they love experiencing the unity of our voices filling the classroom, they feel very calm and relaxed and that it is a very beautiful practice. I have noticed that chanting Mantras together reduces shyness and creates

community bonding. They feel more comfortable with each other to share more about themselves.

Swamiji taught us in Yoga Step by Step that Pranava has unlimited healing potential. The meaning of healing is to bring back the original state, becoming Whole again. Every time we invoke Pranava AUM, we are evoking in us the Divinity, the Source of our existence which is Wholesome and pure, the Pure Vibration of Nada. Indeed, the healing potential of Pranava must be unlimited.

I thank Dr. Ananda and Dr. Sangeeta again from the bottom of my heart for sharing the precious gem of the teaching of Rishiculture Ashtanga Yoga.



Pranayama hut



Ammaji presenting Murali with his copy of The History of Yoga Volume II.

DEEP LISTENING

Words are powerful. Since the beginning of time, words have offered the means to educate, liberate, inspire, and even incite passionate emotions and actions. When we link a specific set of words to a famous or influential person the impact increases exponentially. In addition to the power words hold, current society is inundated with the sheer **volume of words**. Googling “*words of wisdom*” delivers thousands of hits on inspirational quotes, insights, and lessons; social media is flooded with words, including powerful and creative #hashtags.

It is not uncommon to read a quote and yet miss its true or deeper meaning. I invite you to take this opportunity to step beyond the surface value with a goal of deep listening - for both greater meaning and your inner sense of knowing. To tune in and listen - to the wisdom residing within, behind and underneath these words of wisdom.

Deep listening is the practice of listening to learn. Not in the traditional sense of the word, but in the quieter, more Yin quality of learning what is underneath, behind or hidden within the words. When we pause in this way, we move beyond preconceptions, allowing space for greater understanding and new possibilities to arise. To practice deep listening in this way is to listen for what is alive in the words.

Deep listening is seemingly simple and yet, within today’s fast paced society, often elusive. By slowing the breath, grounding the body, and quieting the self, you have an opportunity to go beyond the face value and tap into the true meaning. When practiced regularly, deep listening can become a heightened means of receiving deeper messages from family, friends, colleagues, wisdom keepers and the Universe.

The Practice

To move into a state of deep listening, select a quotation you wish to focus on. Sit in a comfortable meditative position and begin to centre and ground your mind and body with your favourite breathing exercise or use the following:

Breathe in for six counts, hold your breath for six counts and exhale for six counts. After six or nine rounds, pause and let yourself to experience the calming effects of the practice then while maintaining a slow and even breath, allow yourself to settle more deeply into your position and invite your energy to connect with that of the earth by imagining roots growing from the soles of your feet and tailbone. Or, if you prefer, imagine your hips becoming the trunk of a tree with your legs growing into large roots with smaller roots branching from each toe.

As your energetic roots descend into the earth, activate your breath to create a circuit. With each inhalation, visualise pure, grounding energy flowing into your body and with each exhalation, actively release any energy or emotion that may prevent you from deep listening. Now while sustaining your breath and groundedness, slowly read your chosen quote - read it out loud, maybe read it with passion then read it silently and allow the words to settle into the part of you that may hear a subtler message, a message that may contain the wisdom you are actively seeking to receive.

Close your practice by offering a note of gratitude to both the author, for sharing their words of wisdom, and yourself, for taking the time to listen more deeply for the intended message. You may also want to take a few moments to jot down any new insights or **discoveries and affirm “May these words and practices resonate deeply within and allow me to become more liberated, inspired and passionate”.**

Wisdom is the reward you get for a lifetime of listening when you would rather have talked. - Mark Twain



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. Bookings close this month.

Contact muralidharan33@yahoo.com.au
for further details.

DADIRRI (DEEP LISTENING)

Aboriginal people practice deep listening, an almost spiritual skill, based on respect. Sometimes called 'dadirri', deep listening is inner, quiet, still awareness, waiting - and available to everyone. Aboriginal people passed on stories orally as they knew no writing and listening to the storyteller was vital to reproduce the story accurately to the next generation of storytellers. According to Aboriginal writer and senior elder Miriam-Rose Ungunmerr-Baumann, Dadirri is inner, deep listening and quiet, still awareness. Dadirri recognises the deep spring that is inside us. We call on it and it calls to us. Dadirri is not just an Aboriginal thing it is in everyone.

Source: Creative Spirits, retrieved from

<https://www.creativespirits.info/aboriginalculture/education/deep-listening-dadirri>

KARMA YOGA = CALMER YOGA
Niraimathi Nicole Rubio

I read a quote recently that spoke about the balance between staying informed and staying sane. It felt deeply relevant in these strange times of pandemics, climate change and political turmoil. How can a body this size handle the strain of global unrest? How is it possible to process the enormity of what is happening without lapsing into despair, frustration, or paralysis? How does one manage to be an active participant without becoming a ball of angst?

Tending the house, children, animals, and work is part of the daily routine. It keeps the personal life on track and the focus more local. At the same time, those everyday chores and duties keep the body moving and supple, the muscles active and the hours ticking. It is perhaps what I see as the Asana of life as I bring my body to the different shapes and moods of each task. Feeling the length and uprightness of the spine as I sit at this computer. Recognising the strength of my arms and grip in my hands as I cart wood to keep the fire stoked and the house warm. Encouraging the stability of my knees as I bend and lift. It is the action of life that keeps us moving forward, the work required each day, which happens regardless of any political tension or struggling ambulance service. It keeps things real.

Overlaying Asana into the general movements of a day is part of the Living of Yoga. It is a constant reminder and invitation that keeps the body happy and connected to itself and its occupant (the indwelling self). It alleviates aches and pains by understanding that tensions are avoided through good posture and awareness of a physical state expressed with ease. This organism of action is also the perfect antidote for the tensions that build in the mind.

In the continued endeavour to find balance in life, Karma Yoga becomes a deeply restorative practice. As the hands busy themselves with focused intent, servants of action, the mind begins to process. The movements back and forth and the eye trained on its task creates a beautiful energy flow between the seeing and the doing. The symbiosis between these two aspects, seeing and doing, allows for a deeper harmony to be accessed. It reaches into a place where a problem is set, a duty perceived, or a need recognised and then brings it to a conclusion. It might seem insignificant to go from dirty dishes on the bench to a clean kitchen but through the process of sorting, organising, fixing, and tending, the discordant patterns in thinking and feeling are also strummed into harmony. Tensions are scrubbed away, and the furious/ disheartened/ frustrated thoughts are given a place to work themselves out rather than keep looping back on themselves. The energy of the Self begins to flow through the body as Action creates a pathway with an outward direction that has the ability to cleanse and clear. Karma Yoga is literally burning up tensions and impurities as the body performs its duties.

With the body bent down scrubbing the shower floor, the Self begins to flow freely in a more harmonised state, from a deeper, quieter interior, through the arms and fingers and

out into the world. The sorting, clearing, and cleaning have brought the world of chaos into an ordered state. Harmony is achieved. At least for now.

In this state of harmony, the balanced One is present. As the tiles begin to sparkle, the weight of grime is lifted, the mind lightened of its burdens as they too washed down the plug hole. Yoga, the unified state is more easily expressed, and the turbulence of the world is released through the actions. Karma Yoga becomes Calmer Yoga and at least a few of the world's wrongs have been set to right. Even if it is as simple as getting the laundry done.



International Day of Yoga at the Madam June 2022

FUTURE YANTRA WORKSHOPS:

Murali is available to conduct 2-Day Yantra workshops organised in conjunction with interested members at your location -a minimum of 15 people needed.

AMMAJI'S 80TH BIRTHDAY 2023:

Financial members who are interested in joining Murali at ICYER in India for **Amma's**80th birthday on 13th September 2023 - email Murali muralidharan33@yahoo.com.au

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. If you are listed, please check your details.

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 for pricing or to register in upcoming sessions and/or to purchase a complete set of recordings of these earlier Zoom sessions.



Scintillating Saturday - so this is how he does it!

HAVE YOU RENEWED YET? FEES FOR 2022-23 ARE NOW OVERDUE

Please pay account: #498 569 383 - BSB: 015 025

Email Murali muralidharan33@yahoo.com.au 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)

Your membership is important to us but if you have not renewed by September 30, we will reluctantly accept that you no longer wish to be a member of the Association.

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 that you could share with us all.

Calling on members who have done any of Ananda's online courses, we would love to hear about your experience. Please email to margosyoga@hotmail.com