

# Gitananda Yoga Association Australia Inc.

## eNews: Volume 9:1 – February 2023

### ***NAMASTE DEAR GITANANDA FAMILY MEMBER***

Wishing you a Happy New Year full of possibilities and positive new beginnings in 2023.



### ***THE DATES FOR OUR 2023 GYA RETREATS ARE AS FOLLOWS:***

- Wed 29<sup>th</sup> March to Mon 3 April 2023  
And
- Wed 25<sup>th</sup> October to 30<sup>th</sup> October 2023

Please contact Murali ASAP if you are interested in attending either of these retreats as places are limited.

The projected cost for 5 nights' accommodation and teaching, is approximately \$640 (or less) plus shared expenses for food. (Approximately \$150 - \$200).



### ***AMMAJI'S 80TH BIRTHDAY 2023:***

This year there will be a great celebration at the Ashram to mark Ammaji's 80th birthday on 13th September. Ammaji is the source of love, energy, and strength for so many of us. Every member of the Rishiculture Gitananda Yoga family worldwide, appreciates the golden opportunity we have to live on this planet at the same time as our beloved Ammaji and now that COVID restrictions have eased we are able to visit her again in person at ICYER. Financial members who are interested in travelling to India for this event please contact Murali [muralidharan33@yahoo.com.au](mailto:muralidharan33@yahoo.com.au)

## **A PERSONAL REFLECTION**

**Zigi Georges**

**GITANANDA AUSTRALIA YOGA RETREAT 26-31 OCTOBER 2022**

**HELD AT: BREAKFREE DIAMOND BEACH RESORT**

*Unfortunately, due to unexpected illness and injuries I could only participate during the last two days, although I was there in Spirit all the time.*

*Sheer joy pervaded my reconnecting with Murali and Margo, and I was delighted to discover two new friends in Rebecca and Hwamin, both from Adelaide.*

*One morning, Murali guided us through very enjoyable animal kriyas on the beach, I contributed a howling wolf, and the Siamese kriya had Margo cracking up. All of this enabled energies to spiral strongly in Laya Mantra sessions, later indoors.*

*A personal inner journey occurred when Murali guided us through a Jana Surya kriya, during which I managed to acquire a huge growing football in the solar plexus, but then shredded and replaced it with intertwined Sun and Moon energies that radiated strongly out into the Universe. I felt as if a huge burden had been lifted and came out of the experience being more in balance and at peace.*

*Thank you oh Guide, Margo, Rebecca and Hwamin for your wonderful presences.*

*At some future time, I hope to consider issues around doing yoga at the beach on a hard, wet surface as against a soft, dry, pliable one. (You had to be there!)*



*Dawn Sun rising over the Pacific Ocean creating a beautiful aura around Murali's head.*

### ***MARGO'S TIPS FOR A GREAT LIFE***

Giving good advice is actually as much of an art (or science) as any other job. It's not only about knowing things but also being able to find the right words of advice. And even after you have received the best piece of advice possible, it doesn't automatically imply you are obliged to follow it. Nor does it matter how experienced the person giving the advice is or how well they know you; if whatever they say doesn't sit right with you, you should probably follow your gut.

However, life throws us a lot of unexpected things, and sometimes advice that makes you chuckle might be just what is needed.

Here are some of my tips you may find useful - or not!!

1. Sit in silence for at least 10 minutes a day.
2. Take a 10-30 minute walk every day, and while you walk, smile - it is the ultimate antidepressant.
3. Trust dogs. They always know who to stay away from.
4. Your smile is infectious, try and make at least 3 people smile every day.
5. Live with the 3 E's. Energy, Enthusiasm and Empathy
6. If you find a toilet in your dream, don't use it.
7. Spend more time with people over the age of 70 and under the age of six.
8. Eat more foods that grow on trees and plants and eat less food that are manufactured in plants.
9. Life is not fair, but it is still good.
10. Don't compare your life to others. You have no idea what their journey is about.
11. If you are not happy where you are, move. You are not a tree.
12. What other people think of you is none of your business.
13. No one is in charge of your happiness except you.
14. Don't take yourself too seriously, no one else does.
15. Don't yell at your kids. Lean in close and whisper. It's much scarier.
16. Clear your clutter from your house, your car, and your desk and let new and flowing energy into your life.
17. If you don't know where your kids are in the house, turn off the internet and watch them magically appear.
18. Don't waste your precious time on gossip, energy vampires, issues of the past, negative thoughts, or things you cannot control. Instead invest your energy in the positive present moment.
19. When in doubt, always ask your mother.
20. Forgive everyone for everything.
21. Be hard on the problem and soft on the person.
22. Don't make promises you can't keep - or don't plan on keeping.
23. However good or bad a situation is, it will change.
24. Time heals almost everything. Give Time - time!
25. If you wait until the last minute to do it, it only takes a minute to do.
26. Do the right thing.
27. Get rid of anything that isn't useful, beautiful, or joyful.

28.



29. When you wake in the morning complete the following statement.  
'My intention today is .....'
30. Each night before you go to sleep. Review the day and complete the following  
'I am thankful for .....'.and 'Today I accomplished .....'



**EXPRESSIONS OF INTEREST NEEDED  
YANTRA WORKSHOP -  
THE SCIENCE OF NUMBER, NAME AND FORM**

*Please contact Murali with your expression of interest if you are interested in a small group Friday to Sunday, RESIDENTIAL YANTRA WORKSHOP at BreakFree Resort on the Gold Coast sometime in 2023. Murali is willing to conduct these workshops if enough members are interested.*

*Murali is also available to conduct 2-Day Yantra workshops at your location organised in conjunction with interested members. A minimum of 15 people would be needed to make it viable.*



Another lovely photo of the rising sun captured above Hwamin's head as she prepares to do Surya Namaskara.



***“Stand in Samasthiti Asana with your weight balanced equally on both feet. Let your arms relax to your side with the palms facing the sun.***

***Perform slow and deep breathing and enjoy the feeling of the early morning sun's rays striking the whole body, especially the palms of your hands. “***



# RECIPE CORNER

## VEGAN SHEPHERDS PIE

From Rebecca Foster



“I made this recipe last night and it was sensational. The cauliflower mushroom walnut "meat" was delicious. My meat-eating partner loved it as well”. 🥰

<https://www.noracooks.com/vegan-shepherds-pie/?fbclid=IwAR1-NVi57KPqnUyrJTOBJbmLCdtdcs6AoCQU0pAhLdYndwqcVZxQKh8K30k>



“Purity is a sense of being in tune with your Dharma. When our thought, word and deed are in a seamless continuous flow and aligned to the principles of Yama and Niyama, we are in a state of Purity.”

Dr. Ananda during Sacred Sounds of the Chakras:

Vishuddha Chakra class.

### **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. Anandaji'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 that you could share with us all. Have you done any of Anandaji's online courses, how about contributing an article for the eNews.

We would love to hear about your experience.

Please email to [margosyoga@hotmail.com](mailto:margosyoga@hotmail.com)

