



'Satsanga-
a gathering of truth seekers'

Newsletter Issue 2 Summer 2009

Body - Temple of God

This is not easy to “Perceive” the inner Self, but we can easily perceive our body. The human body is the temple of God. You have to take care of your body. This is well known that “There lives a healthy mind in a healthy body.”

When your body is well cared for, you experience great and divine love in it. Do not neglect it; do not ignore it. Great divinity dwells in this very structure, in this very system. You have to protect this incredible gift which you have received from God.

“We obtained this body by God’s grace. It is a precious gift and deserves right use. Use it for meditation. You will drink the nectar of immortality.” This body is a gift – so you have to understand that it is not really yours. Once you understand that it is a gift of love from God, your attitude towards it will change for the better.

What really keeps this body going? It is energy, the same energy that scientists are trying to discover. This incredible energy, this beautiful energy, this strong powerful and absolute energy flows in each vein of the body. So, “Use the body for Yoga.” When you practice yoga, you regenerate the body by intensifying the energy, which holds both the body and the entire universe together. Instead of putting your body down, through yoga you alleviate your self and develop healthy feelings towards yourself. In order to lead a good life, it is important for you to have a healthy body. The body has to be strong

for you to experience joy and self-esteem. In this very body the divine light exist. If you care for this body with great love, with great joy, as the gift that you have received from God, it will remain the Truth to you. If you care for the body, the body will care for you.

If you have taken care of your body, it will not fall apart when you are feeling sad or opposed; it will protect you; it will keep together. When you see light in this body, that very light will provide you shelter and security.

Do not see your body merely from the out side. Go within and experience the energy which flow through the body and allow every cell to pulsate, to live, the energy which allow every thought and emotion and fructify, which is also the energy which holds the universe together.

All the great saints, all the great beings experienced the truth within this body. When your consciousness soars higher and higher, you feel you have been lifted out of the body, when you respect the body, when you treat the body very well the body becomes very light; it becomes one with the universe. You feel unity with the mountain, with the air, with the fire. There is no wall when you see another person; only love between you. When you treat the body well, it is no longer an obstacle. Should you feel discomfort in it, you are able to recognize the cause of feeling and to treat the body with great joy, with great laughter, with great understanding.

Pranava Sadhana

Pranava, or Aum is the most powerful and sacred mantra in Hindism. In the Vedas, Upanishadas, Puranas, and other sacred literature it is stated that aum is the root of all the sounds and mantras. The pranava is representation of isvara or God. Chanting aum with concentrating on its meaning with deep heart and faith is the easy way to attain Samadhi or enlightenment according to the Yogasutras of Patanjali.

Pranava is the mantra of all the mantras. Aum is the name of God in vibration, in sound. To intone the Pranava aum, "the mantra of mantras", "the sound of sounds", is to intone, to evoke, the most potent of all powers in a mantra, a vibratory rune.

Pranava is comprised of three symbols- a, u and m. The following illustration is to relate pranasva with various symbols of yoga and Hinduism

Syllables of pranava	Matras	God	Chakra	Sound
A	Akaar	Brahma	Anahata	Aaa...
U	Ukaar	Vishnu	Vishuddha	Uuu...
M	Makaar	Mahesh	Sahsrara	Mmm...

Salutations and salutations to letter "om", Which is meditated as a letter Om with a dot, Daily by great sages, and leads them to fulfillment of desires, and attainment of salvation.

AUM in the Worldwide Scripture

This is commonly used mantra by Hindus, Jains, Buddhists, Sikhas, etc. While aum is also found in sacred mantras of other religious.

Muslims use the aum as OM-IM (amin) to evoke Allah and as a close to their prayer. The Christians use AUM-EN (amen) similarly. In all religions a sign from God is called an OM-en (omen), while to leave God out of your life is OM-it (omit).

As a supreme God he is OM-nipotent (omnipotent). He is OM-niscient (omniscient), all light resplendent, effulgent, all knowing. He is OM-compitent (omcompitent), all-law; OM-niflic (omniflic), all creating; OM-nifarious (omnifarious), in all things; OM-nigenous (omnigenous), all kinds and species. He is OM-nipresent (omnipresent), far as well as near, ubiquitous, being constantly met with; OM-

nivorous (omnivororous), he feeds on anything, even on himself.

AUM in Yoga Sutra of Patanjali (Yoga Sutra I-27)

Isvara (Supreme Self / God) is expressed and represented (vacakah) by the vibratory energy contained in the pranava (the sacred syllable, aum).

Isvara cannot be defined or limited because Isvara by definition is indefinable infinite mind, however he can be symbolically represented by the expression of pranava - by the vibratory essence that the sacred sound, aum. Thus isvara is often accessed through the pranava which is aum.

Tasya means "that". Vacakah means "expression" from the root vac to speak. Pranavah means

“the sacred syllable AUM” derived from “pra” (before) and nava (sound).

From my limited experience of Infinite Mind (isvara), I think that the intoning of AUM is a conveyer, a pathway, a sadhana which leads us into the greater vibration, pulsation, and inter-dimensional energetic hologram which has no beginning or end -- where both sound and words have little meaning.

Patanjali actually said that the pranava is the expression of isvara -- the omniscient teacher of all the teachers. Practically speaking however all vital and living religions agree, that is to focus on the creator in creation. That is spiritual practice. So the practical meaning would be the same i.e., practice intoning aum and/or listening for aum as the self existing expression of isvara (the divine purusha). Patanjali is thus offering this sutra as one practice that may be effective in clearing out the vrttis and obscurations leading us eventually to Infinite Mind.

(Yoga-Sutra. I 28)

Through generating (bhavanam) constant repetition (taj-japa) of the pranava (aum) the meaning (artha) behind the sound is realized and becomes manifest (bhavanam).

The vibratory energy contained in the vibration of the sound, Aum (the pranava), connects with isvara. Japa means the repetition of mantra. Thus japa (mantra repetition of aum) is given as a practice.

(Yoga-Sutra. I 29)

Thence through the practice of the pranava, aum, as a dedication toward realizing isvara (through isvara pranidhana) consciousness (cetana) is redirected inwards (pratyak) toward the realization (adhigamo) of the intrinsic light of consciousness (pratyak-cetana-adhigamo) and (ca) also (api) obstacles and hindrances (antarayah) are thus removed (abhava).

Pranava Sadhana-Process

All the four could be chanted in the 1x2, 1x3, 1x4, ... ratio, i.e., if you inhale in 4 counts than produce the sound for 12 counts in 1x3 pranava pranayam. In complete pranava you can divide it in three equal parts, i.e., 4x4x4.

Akar Pranayam

Sit straight in vajrasana with the hands in the chin mudra. Now inhale slowly while expanding the diaphragm muscles downward, adhyam pranayama. While exhaling produce the sound aa.. with concentrating from the navel to heart.

Ukar Pranayam

Sit straight in vajrasana with the hands in the chinamaya mudra. Now inhale slowly while expanding the middle chest muscles outward, madhyam pranayama. While exhaling produce the sound uu.. with concentrating from the heart to visuddha chakra.

Makar Pranayam

Sit straight in vajrasana with the hands in the adi mudra. Now inhale slowly while expanding the upper chest muscles, adham pranayama. While exhaling produce the sound mm.. with concentrating from the vishuddha to sahasrara chakra.

Sampurna Pranava Pranayam

Sit straight in vajrasana with the hands in the yoga or mahat mudra. Now inhale slowly while expanding the diaphragm muscles downward, middle chest muscles and upper chest muscles outward, mahat pranayama. While exhaling produce the sound aa.., followed by uu, and mm.. with concentrating from the navel to top of head. The time of chanting each sound should be equal.



Yoga Retreat in India

In February of next year we are organizing a 2 week yoga detox retreat in India, the motherland of yoga!

It is going to include early morning meditation with a structured day including hatha yoga, Pranayama, bajan and mantra singing and lectures or satsanga on different aspects of yoga.

There will also be other various cleansing practices undertaken during the two weeks, plus there will be a short time for some sightseeing and experiencing real Indian Life!

February 14th – 28th 2010

*Price guide (will vary slightly according to number of people attending):
£900 with all teachings, accommodation and food (not including flight).*

More details on our web site: www.yogabreaks.co.uk

Classes & Retreats

Classes: please book your place before coming to class, Thank you

	A.M.	P.M.
MONDAY	10 - 11.30am Hebron	7 - 8.30pm Small World Centre, Cardigan
TUESDAY		6 - 7.15 Beginner Class, Queens Hall, Narberth 7.30 - 9pm Queens Hall Narberth
WEDNESDAY		7 - 8.30pm Newport
THURSDAY		7.30 - 9pm Hebron
FRIDAY	9 - 10.30 am Hebron 10.30 - 12noon Hebron	
SATURDAY		
SUNDAY	Last Sunday of every month - Retreat Day 10am - 3pm - Hebron includes Hatha Yoga, Pranayama, Relaxation, Traditional Indian Lunch & Satsanga	

Yantra

the yogic science of number name and form

Yantric Bio-Biorhythms:

“Yantra is the study of an archaic Vedic-based science and its application of Rita Yuga (Cosmic Rhythms, Dharma Yuga (Solar Bio-Rhythms) and Karma Yuga (Personal Reactive Bio-Rhythms). There is a section in Yantra which helps to understand the construction consciousness and this section is a separate study of Yoga Psychological therapy. (Yogamaharishi Dr.Swami Gitananda Giri Guru Maharaj)

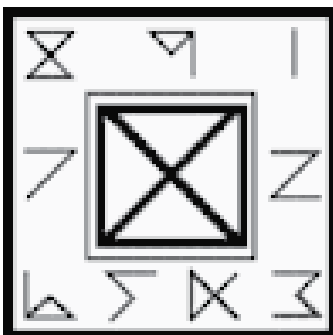
The influences you are under during each 27 year period of life is the result of your time of birth which indicates the propensity for each period. Each person goes through regular 27 years periods under the influence of the Gregorian calendar which is the universal standard everywhere. This is modified from the very complex solar-lunar Hindu calendar and is equivalent to the ‘Saturn return’ of Astrology.

It is best to take Yantra or Ankjyotisha independently of Western Astrology as this Yantra is a branch of Vedic Astrology representing the influence of numerical coding embedded in your brain at birth .

We can mold our own destiny and fate; what is helpful is to utilize a “navigation guide”

that allows us to comprehend the currents, tides, moon phases and seasonal climate of our destination and therefore steer a wiser course. Divination is the deduction of “Divine intent”; this acknowledges that each of us is innately Divine (from the Sanskrit “Deva”) and therefore possessed of inner resources of wisdom (Sanskrit “Veda”).

Vedic Mathematics defines “anka” as “Coefficient” i.e. a numerical constant characteristic of a particular system or in Algebra (literally the reuniting of ‘broken parts’ or Yuga) the numerical part of an equation.



Yogamaharishi Dr. Swami Gitananda Giri taught the Divine Science of Yantra Yoga: a spiritual exploration through mathematics. Yantra represents a trans-cultural tool based upon a

pan-cultural phenomenon - mathematics, the universally acknowledged “Queen of Sciences”.

Swamiji often said that Mother India gave birth to her son Yoga and Yoga progenerated three children (termed the three great mystic sciences of the East). -- MANTRA -- -- YANTRA -- -- TANTRA

Mantra from the Sanskrit prefix “MAN” (mind) and the suffix “TRA” (tool) is literally the science of using sound vibration, audible and inaudible, to bring about the physical, psychological and psychic changes. Our Guru often used to refer to Mantra as a “psychic elevator” that changes levels of consciousness.

Yantra, from the Sanskrit prefix “YAN” means “to conceive”, a mental conception. So Yantra is also a “tool” or more accurately an “instrument” that allows us to visualise a complex geometrical form (RUPA) or trace out a two-dimensional psychic circuit, otherwise known as a “magical diagram”.

Yogamaharishi Dr. Swami Gitananda Giri applies Yantra in three divisions:

1. Dharma Marga (Birth Path)

The exploration of one’s personal Dharma (responsibility), Artha (property), Kama (emotional satisfaction) and Moksha (liberation), as calculated from the time of birth and plotted mathematically in four Ashramas, or segments, from birth to 81 years of age. (The four aims “Chatur Purushartha”.)

2. Karma Yuga (Cycle of Action & Reaction)

The calculation of one’s personal Karma (action and reaction), in ever recurring cycles of nine years, nine months and nine days, from the moment of conception to transition. The mathematical formula for Karma Yuga is very precise and the sophistication of the method reduces Western numerology to puerility.

3. Nama Darshana (Name Analysis)

The potency of Nama Darshana revolves around the often unrecognised fact that one’s personal name is the most powerful Mantra that contributes to shaping one’s life. This influence co-exists with and yet is independent of genetic and environmental factors. This

study of names belongs to a sub-heading of Yantra called MUDRA. Mudra, within the context of Yantra, carries additional meanings to the Yogic and Bharata Natyam usage. Reference to a Sanskrit dictionary elicits the following meanings: a stamp, a seal, an impression, a mark; calling a thing by its proper name. The Pali derivation is “Muddha” meaning “art of calculation”.

The techniques and exact numerical formulae to derive the correct understanding of Dharma Marga, Karma Yuga and Nama Darshana may only be obtained by participation in the Guru-to-Chela process (personal transmission from Guru to student).

The above information has been taken from articles written by Dr Swami Gitananda Giri our own Guru and one of his followers Dr John Mumford who has since specialised in Yantra based in Australia. For more details on either of these sources please access www.jonnmumfordconsult.com and www icyer.com

As Swamiji and Dr Mumford have stated we would never say YANTRA can tell your fortune! However we have been lucky enough to study with Dr Mumford and learn aspects of Yantra from the Ashram in India where Swamiji’s teachings are continued. We are able to give Yantric readings to the best of our ability and if you are interested you are welcome to contact us about this.

For a Yantric Reading please contact us with your date of birth, full name and any nick names you are known by.

For a one to one in depth reading £30

For a print out overview reading based on information given £15

How yoga has helped some of our students!

I gave Surrender and Sally my full name and date of birth and I was amazed at how accurately they assessed my personality and interpreted the influences in my life. This was truly inspiring to read about your tendencies and constructive in helping you find the most rewarding way in your life. I am so impressed that I would highly recommend this as an 'original' gift for a loved one.

With thanks Sarah (Narberth class)

Somebody said to me that as a teacher Surrender, you were 'the real thing', meaning that you are totally authentic because you come from a culture that is yogic. This can also be a drawback if you are teaching westerners. From my tai chi practice and teaching, it seems that there needs to be a synthesis from the study of Buddhism and Taoism in order for it to be taken on board and truly integrated into the western mind. I am and never can be a Chinese hermit or Tibetan monk, but I hope that working with some of those principles help me to become more alive and compassionate, and spiritually attuned.

Teena Gould, www.teenagould.com

Before I began studying yoga with you only 4 months ago, I was aware of being generally stiff and not being able to touch my toes! I would often pull muscles and felt generally weak. I imagined yoga was just about stretching, however Surrender has brought to my attention how my life style affected this and by making some adjustments such as removing caffeine, alcohol, meat and nicotine has improved my flexibility. I didn't realize how much toxins I had in my body and my body shape has quickly improved including a reduction in my cellulite. I still indulge a little on weekends, but in the week I eat a lot of fruit and vegetables and drink lots of water. Also emotionally I feel more stable and am more content with myself, not as insecure as I once was. Now I can touch my toes and want to be able to hold my feet for longer periods and eventually put my head on my knees. I have really enjoyed the retreats at your home especially the cooking and having has a few one to one sessions to help me reach my toes. I am really grateful for having taken up yoga with you and look forward to every class.

Regards Sara (Narberth class)

Since starting yoga classes with Surrender I feel that I have developed significantly, both physically and emotionally. I have been practising yoga for a few years but only recently have I began to develop a fuller understanding about yoga and its principles. Surrender has been a great guide in teaching not only the various postures but also in developing my emotional well being, in that I have become more self aware.

I practise yoga on my own most days now but I really enjoy the the classes and retreats that Surrender provides, as they not only help me focus but I am continually learning and developing. I honestly believe that I will always practice yoga for the rest of my days as its such a nice gift to be taught and to develop as an individual from

Kerry, Yoga Narberth

When I started Surrender's yoga class last September, I was in a state of panic, fear, giddiness and anxiety. My digestive system had blown up; as a result I had stopped breathing out comfortably. It's now midsummer and through re-educating my mind and body to breath properly and to stretch my body carefully I feel I have gradually returned to being comfortable in my own body and consequently feel happier and stronger in spirit. I try to do yoga classes at least twice a week to keep focused.

Gilly (Hebron classes)

Initially I became interested in yoga with a view to longer leaner muscles and general improved flexibility.

I began in February this year and already I am reaping the benefits of the yoga discipline. I suffer high blood pressure and the breathing techniques have made me aware that in our 'normal' lives we do not breath properly. Surrender has taught us to be aware of our posture and breathing and now I find it much easier to 'let go' of my stress and lower my blood pressure. Previously my sleep patterns were very poor, with only 4 - 5 hours broken sleep. Now (especially) after a yoga session I enjoy a deep restful sleep that is at least 7 hours.

Emotionally, I am feeling much more balanced and this is due to better sleep and yoga.

With thanks Sarah (Narberth class)

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'Our Community & Recommendations'



Biodynamic Craniosacral Therapy is one of the kindest, most respectful hands on therapy available today. Its primary intention is to connect to the innate Health within us all and to encourage this to flourish.

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