



Svaroopaa® Vidya Ashram

kaadaa!

Svaroopaa® Yoga: Experience Your Divine Self

Volume 4 No 4

October 7, 2016

Editorial

Upliftment & Depth

By Swami Nirmalananda

Upliftment goes up. Depth is the other direction. Yogis are doing both at the same time. How can that be?

A "deep" Shavasana or meditation experience may seem like sleep in the beginning. One of the ways you can tell that it's not sleep is by how you bob up, profoundly rested (even in a few minutes), feeling a sense of lightness and clarity. Waking from deep sleep is an experience of heaviness and confusion, and often with resistance to getting up and going. Your deep yogic immersion has a name, "samadhi," described in the Yoga Sutras as the goal of all yoga practices. *Svaroopaa®* yoga and meditation guarantee your deep inner experience, providing you with distinct brain changes. These have been measured by modern researchers as well as the ancient sages, making your brain younger, smarter and happier. Wouldn't that be enough to inspire anyone to want more?

Upliftment is when you see life differently, finding it easier to take the high road. Not only are you uplifted, happier and friendlier, you have creative responses to difficult situations. You understand others' needs and responses as well as your own. Instead of being stuck in the city streets, you're looking down from the side of the mountain; thus

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Tadaa!

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Swamiji

you can see the bigger picture. You're responding from your higher chakras (energy centers along your spine), with your heart, using clear communication and drawing from insight instead of living with the themes of need, greed and fear coming from the lower chakras. Even learning to breathe (Ujjayi Pranayama) and to stand taller

(Tadasana) in your yoga classes help you with this. But especially diving deep inside is the pathway to upliftment. How do these work together?

A rain drop falling in a puddle is a popular image used in yoga and meditation literature. The drop only makes a splash when it falls in a shallow puddle, like on a sidewalk. In a deep puddle, the drop is absorbed with no splash and only a few ripples. When you live from an inner depth, life does not disturb you. When your sense of self is shallower, coming from others, from your activity or your environment, anything that happens is a threat. Inner depth gives you a sense of self that weathers all storms.

Most importantly, you have your Self. It's not just that you're better at life, you're better at being you. Dive deep to fly high!

My Favorite Pose

By Vibhuti King



Vibhuti King

I love Chin Lock and wanted to write about it. Swamiji said, "I'd like to propose the article be on Yoga Sit-ups, and that the writer do 50 per day for 3 weeks before writing it." Do 50 a day? I did the math. That is 1,050 sit-ups. Swamiji had not said that I had to be the one to do them. As the *Tadaa!* managing editor, I could ask someone else to write the article. On the other hand, what would 1,050 Yoga Sit-ups do for me!? Moreover, who takes the Guru's proposal lightly?

After two days, I found my abs, the higher ones that mound up when you do a sit-up. Also, I was standing straighter. After a week I found more abs, those that go down the sides and connect down into the pubic bone, and I was sitting straighter with more ease. After three weeks my shoulders had rolled back and aligned more with my ribs; I was losing my slump. I "felt" my mid-back along my spine. Not hard and rounded as usual, it was longer and softer. The pain in my neck eased. I found my "deep abs" (muscles behind the abdominal organs, which are spinal muscles) as my recurring low back pain became less frequent. If I missed a day, I did 100 the next day.

This practice was truly amazing, but it was the "more" that was even more amazing. I had been praying to Swamiji to make me a better housekeeper. Housekeeping is tapas for me. I had been praying for a while without much change. So I started praying for her to make my dear husband, Dhananjaya, a better housekeeper. No change. Hmmm.

Shortly after starting my Yoga Sit-ups, I started cleaning out drawers and closets and throwing away old clothes. Dhananjaya would ask me, "What are you doing?" Garbage bag after garbage bag left the house.

A while back Dhananjaya and I had agreed that we would get a dumpster to clean out a lot of old stuff. It was my task to call and schedule the

delivery of the dumpster, and I was dragging my feet. I had been dreading the cleanout. But now I could hardly wait! I even suggested that we have the dumpster show up at the beginning of our two-week stay-cation so we could do a "purge" and deep cleaning of our house. Could this really be the effect of Yoga Sit-ups!? Was this the answer to my prayers?!

Swamiji says, "Tapas is very important because, when you do it, you are transformed in a short time. The proportion of effort expended to benefits gained is very much in your favor."¹

Excellent!

She goes on to say, "You get nowhere in life without tapas. You cannot complete your education, buy or rent a home, keep a job, grow a garden, raise a child or stay married without tapas. There is a hidden secret in the practice of tapas: the karmic effects. The law of karma says that everything you do has repercussions. When you 'pick your poison' doing tapas in the arena you choose, the benefits extend into every area of your life."

What I discovered is that your "poison" is really nectar. I found I was becoming more organized. When I was ready to head out the door to teach or to an appointment, I was five minutes early instead of five minutes late.

Daily Yoga Sit-ups are giving me the gift of coming to a deeper and more complete understanding of tapas. I no longer dread doing them. I still do not look forward to doing Yoga Sit-ups, so practicing them is still tapas. When I start to look forward to them, I will need to find another tapas pose, as I am hooked on the karmic effects of tapas and the benefits that extend into every area of my life.

Swami Nirmalananda's note: How wonderful that Chin Lock is part of Yoga Situps!

¹Swami Nirmalananda, *Tapas* (Downingtown PA, Svaroopa® Vidya Ashram, 2012)



Body, Bliss & Beyond

By Amala (Lynn) Cattafi



Amala (Lynn) Cattafi

Wow! This word bursts out when I am asked about my experience in this retreat in August. Based on conversations with other retreat participants, I am not alone in amazement from this five-day program.

We did twice daily asana classes with Rukmini, which strategically targeted tensions in my body. Twice daily vichara targeted my mind and emotions. Lots of meditation, daily teachings by Swamiji and morning chanting of *Sri Guru Gita*

targeted my experience of the Self. This thoroughly balanced, integrative retreat touched and opened every area of my being, opening my body (and so much more) to Bliss and Beyond. The program's depth jumpstarted a whole new phase of my personal practice as I felt several layers clear within me. I feel a new, indescribable kind of clarity.

This immersion was my first extended stay at our *Svaroopaa*® Bliss-Place, Lokananda, and it was quite wonderful. During the building renovations, Swamiji personally decorated and supervised the setup of each and every Lokananda room to support our deep immersion experiences. In that place I can absolutely feel love everywhere. Staff support during the retreat was also spot on. Heather, Lydia, Suniti, and Sandie went out of their way to assure everyone's needs were met.

But, by far, the most amazing thing about this retreat was the new depth at which Swamiji is teaching. Since 2004, I have taken every possible opportunity to study with her, and attend any retreat that she was presenting. You would think I would have heard it all by now, right? Not even close. Ask any of the participants at this retreat, many of whom are long-practicing Svaroopis, about their experience. All of us agree that there is a significant difference not only in what she is teaching, but in her state as well. It has always radiated a powerful Presence. But now she is taking us to new levels of understanding and unbelievable depth. To sum it up, as Swamiji said when I expressed my gratitude to her during our final retreat darshan, "And, there is still so much more!"

Sadhana Retreat

February 17 - 21 2017, Florida

Take time for your Self. Bring the sun up with morning *Guru Gita* and enjoy slow-paced days of yoga class, meditation, chanting, and other *Svaroopaa*® Sciences led by Swami Nirmalananda. Bliss is guaranteed!

Shiva Shaktipat Retreat

February 23 - 28 2017, Florida

Three shaktipat days, more than ever before, plus a full night of Shivaratri practices combine for six days of profound meditation exploration under Swami Nirmalananda's guidance. Bliss and beyond bliss — into pure consciousness, which is your own Self.



Why I Teach

by Rama (Ruth) Brooke



Rama (Ruth) Brooke

When I first began studying *Svaroopa*® yoga, and thought about teaching it, I wasn't really focused on why or what I was seeking. I just knew I wanted to learn more of what this yoga was all about. I just had the sense the practice was deep and wide, and that there was much to discover. Little did I know!

So I signed up for Foundations with Rama Berch at Kripalu. It was a group of 30–40 students, with 4 assistant trainers. I was in heaven. I ate up every minute of the course, but I had no idea what it was I was eating or the level of nourishment. After my first *Embodiment*® with a Teacher Trainer, we were chatting about whether or not I would teach after the course. Unsure of my readiness, I was hesitant. She was encouraging and reassuring. I decided to give it a try, motivated to share with others what I'd been getting from the yoga.

Even so, I didn't really know quite what "it" was that I wanted to share. At first I thought it was relief from physical pain, and saw that my students experienced the same. But when my physical pain began to go away, that wasn't enough. I still had a deep yearning for more, so I continued along through more levels of YTT. I began noticing how the practice was reducing anxiety and stress, and my life was changing. Again, some of my students began to report the same. Thus I was inspired to study further, and I completed YTT and the certification process.

Through YTT, I became more confident as a teacher, more comfortable in my own skin, less inhibited, lighter and happier. Yet I still yearned for more. I continued my studies, taking ATT courses, yoga therapy courses and several Ashram courses with Rama, now Swami Nirmalananda. Last winter, I completed the Meditation Teacher Training and began teaching meditation.

The pattern is clear. The more I teach, the more I yearn to know. It is really this yearning that keeps me diving in deeper to teach.

And I teach to share what I experience through *Svaroopa*® yoga. When I experience what the yoga gives me, I want to give it to others. The most recent awareness deepening within me, is a clearer understanding that I'm not the one (small-s self) doing the giving. I remind myself of that at the start of every class, through a candle flame arati to the lineage of teachers who've come before me. This seemingly small gesture honors those without whom there would be nothing to teach, at least, nothing that ensures the experience of the Self I've come to know so well.

I teach to stay in this flow of Grace. When I'm teaching, it's easy to feel Grace flowing through me. It's about reciprocal adaptation: I to the Grace of the lineage, my students to that same Grace flowing through me. When this happens, the teaching becomes easy. The instructions flow easily through my body, to direct another in how to use their body to access the Self. As I am aware of my body, that awareness deepens and becomes contagious. Awareness spreads around the room, pervading one Being after another. This is Grace.

The feedback is immediate. The room becomes quiet. I can see students'

faces change as they settle into this flow of Grace. It deepens, and is especially obvious in the final Shavasana. I can feel the timelessness. The absence of worry and fear is palpable. We're all just there, in the moment, in our own true essence — *svaroopa*!

I chose to train to teach *Svaroopa*® yoga, because I could sense the depth that would sustain me, keep me from becoming bored or burnt out, as I had with other careers and passions. The more I teach, the more there is to learn. It's bottomless. It's not about directing or being directed by the brain. It's about experiencing and communicating from body and Being, from the Self. The brain then follows suit, and contributes in the process — such an effective teaching and learning methodology.

Streamlined! Shorter! Lower Tuition

Propel yourself deeper with our new Teacher Training
– now redesigned to make teaching and your own practice more accessible, but still deep and profound.

“Supportive environment, hands-on opportunities to practice skills learned, inclusion of meditation, small class size and compassionate and skilled teacher trainers.”

– Lisha Reynolds, re July's streamlined YTT 1

October 19 – 23 2016

[Foundations of Svaroopa](#)® Yoga Lota, Australia

November 2 – 6 2016

[Foundations of Svaroopa](#)® Yoga Downingtown PA

November 10 – 14 2016

[Foundations of Svaroopa](#)® Yoga San Diego CA

November 26 – 28 2016

[EYTS Foundations Review](#) Brisbane, Australia

November 28 – December 4 2016

[YTT Level 1](#) Brisbane, Australia

January 14 – 22 2017

[YTT Level 4](#) Downingtown PA

January 23 – 29 2017

[YTT Level 2](#) Downingtown PA

Svaroopa® Yoga Miracles

By Shivaani (Deborah) Woodward



Shivaani (Deborah) Woodward

Back to Full Volume

My own Svaroopa® yoga “miracle” paved the way to YTT and yoga therapeutics that have enabled me to serve so many others. In my 40s, I recovered from what seemed to be a mild cold with a totally unexpected twist — my voice no longer worked! Over a month, hoarseness turned to a painful, gravelly feeling in my throat when I tried to talk. The muscles in my neck froze, limiting movement from side to side. The diagnosis: spasmodic dysphonia (SD), a vocal disorder that causes nerves to misfire and vocal cords to spasm.

I discovered the National Spasmodic Dysphonia Association, which has doctors dedicated to finding a cause and cure, both as yet unknown. Sixty-four percent of respondents to a national survey said the disorder developed after a respiratory infection. My talking was reduced to a strained whisper, but I felt fortunate that I could communicate fairly easily. Many people with SD can't.

For years, I tried therapeutic approaches including speech therapy; homeopathy, which had cured other ailments; acupuncture; and the Alexander Technique, developed by Joseph Alexander when his voice fell apart. The Alexander Technique practitioner I'd been seeing told me about this “blanket yoga” she'd been doing. She thought I'd like it.

I signed up for the four-day Foundations workshop. Amazed at the profound effect of Svaroopa® yoga in my mind and body, I got up off the floor and talked with one of the workshop leaders. Pointing to my strained voice I asked her, “Do you think I can teach this?” “Absolutely,” she said.

That was 12 years ago, and every year, my voice has gotten stronger. My family, friends and students now tell me it sounds completely normal. My yoga business is thriving. I teach six classes a week and see eight-to-ten clients a week in private sessions. I am so grateful to be able to share with others the yoga that healed my voice!

Pain That Left Her Breathless

Karen called because her left knee was hurting so much that she could barely walk. At times, the pain was so severe, tears streamed down her face. At other times, she wanted to scream.

A woman in her early 50s, Karen was a partner in a local architectural firm by day and a teacher at a nearby university at night. Her daytime work required that she sit for hours at a time. Her evening work required the opposite; she had to stand for several hours in front of the classroom. While her left knee hurt terribly, “repeated sharp stabbing pain” that left her breathless, her right knee was so stiff it would hardly bend.

After only three daily yoga therapy pose sessions, Karen's pain level dropped from 9 (out of 10) to 4. To say that she was relieved is an understatement. We continued with the healing series, meeting daily until the pain levels dropped significantly, then meeting every other day and every third day until the series was completed. By the time we finished, Karen's pain levels were at a 0-1 and she resumed walking her dogs, walking up and down stairs at work, and walking several blocks to and from her office and her car.

At home, she began doing the Ujjayi breathing practice and poses in the morning and at night. During the day, she would stop and do a quick Double Exhale at 2-hour intervals. The breathing practice alone, she says, sustains her through her work day. Not only does the Double Exhale reduce her pain levels, it also “gives me clarity,” she says. “I'll be researching something and begin to get brain fog. After the Double Exhale, I'm calm, clear headed and ready to concentrate again.”

All My Numbers Improved

When he first started yoga, Dean did not tell me about his heart attack two years before. He did disclose that he was taking medication for high blood pressure, and I could tell from the flush of his 60-year-old face that there was more going on than he was sharing. From many years of hard physical work, Dean's body was so tight his shoulders, arms, and hands curled up off the floor. His lower back was constantly “on fire” and his thighs hurt, too.

In addition to attending class twice a week, Dean began scheduling private sessions, where we addressed each of his complaints. In between sessions, he would practice the Ujjayi breathing and a sequence of poses at home.

Two years later, he went in for his periodic physical exam. The next week, he excitedly came through the door before yoga class and said, “I just have to tell you I had my physical this week, and the doctor took one look at my vital signs and raced out of the room to get my chart. He came back in and said, ‘Tell me what you are doing,’ because all my numbers had improved.” This included Dean's blood pressure; as a result of his yoga practice, he no longer needed medication.



My First Shaktipat Retreat

By Jacinthe Salois, translated from French by Manini (Monique) Martin



Jacinthe Salois

My search for spiritual awakening began when a wonderful *Svaroopā*® Vidya Meditation teacher crossed my path. She invited me to join her three-class mediation course. I immediately felt drawn, even a calling to attend, which gave me goose bumps all over my body. I took advantage of the opportunity and registered in her 2015 August meditation course. I immediately took to meditating with the mantra as it resonated with me. I have had a daily practice since, not always without effort, but every day nevertheless. I have found meditation very beneficial

because of the numerous changes it created inside me and in all realms of my life.

Along the way other opportunities to awaken to Consciousness and get closer to my true Self arose on my path: japa, Ujjayi breathing, yoga classes, *Embodiment*® sessions and satsangs. Finally the golden occasion to attend my very first Shaktipat Retreat came in July 2016, an important step for me in my quest. I was finally going to meet Swamiji in person, who was already unofficially my Guru. How wonderful!!

Not knowing what to expect on my first Shaktipat, I attended with an open mind, simply listening and receiving, not expecting anything specific. Somehow I knew that attending it was going to be an important moment that would allow me to leap forward, to transform myself and get more and closer to my Self...and it did.

Every element in the Shaktipat Retreat facilitated this closeness to Self: the choice of the physical location, the warm welcome, the meditators, the chants, the teachings, the exchanges among participants and, of course, Swamiji's gift of three Shaktipats. Being in the presence of Swamiji for the first time will remain forever a memorable event. She immediately won me over with her smile and warm welcome. When she greeted me by pronouncing my name I trembled with pleasure. It was love at first sight, and it was at that moment that she officially became my Guru.

The meditations and the preparatory chants prior to the Shaktipats allowed me to go inside, to access Consciousness more easily and exponentially. When Swamiji started chanting, my body immediately started to vibrate to the rhythm of her chant and her voice carried me. The more she sang, the more I felt Kundalini rising in me, and the more I was receptive to receive her magnificent gift.

When Swamiji touched my forehead for the first Shaktipat, I felt a light movement at the level of my third eye. An immense peace took me over. The transmission during this contact awakened my spiritual energy in a flash. I strongly felt Kundalini rising and I was in a state of Grace.

The second Shaktipat was similar to the first. Again a light movement at the level of my third eye. While meditating, I surrendered without trying to control anything. I trusted Kundalini and allowed the natural course of things to happen. When I opened my eyes I felt completely different; I was bathing in an interior stillness.

At the last Shaktipat, a group Shaktipat, my experience was very different. At a specific time during meditation and without warning, I touched this essence that is my Self. It was magical. For the first time in

my life, I said "Hello, Jacinthe," hello to the real Jacinthe, the one who is pure love and peace. These two small words seem so ordinary when said like this, but in terms of feeling they were of a priceless richness. In an instant I touched the real me, my true essence. Then I cried, cried and cried. It was the most magnificent moment of my life. Thanks to Swamiji for having opened the door, giving me access to my Self.

For the following two weeks, I surfed on an immense energy wave. My meditations changed and became deeper. Still difficult at times, they were also empowered by the same Grace that follows me. During the subsequent two weeks, I cried at anything and everything. I did not resist. I let it all go. Kundalini was clearing stuff, and I know there will be much more to come. I only have to surrender, keep on meditating and trust Kundalini.

To receive Shaktipat is not an end unto itself; it is the key that opens the door to discover your real essence. This door now has to be kept open by my own efforts and discipline: through ongoing meditation, japa, yoga and other such practices as well as attending other Shaktipats, of course. I know there is so much more to discover and that this is the work of a lifetime. I am committed to it.

I feel that my life is now richer. I feel better equipped to handle the highs and lows of life. I am better prepared to face these situations with a calmer mind as well as capable of stepping back regarding stressful circumstances. The nature of my mind has also changed; when it brings me down, I do japa and this helps me. Slowly my heart opens up and my mind's activity decreases.

Going to my first Shaktipat was a small step to take, compared to the immense discovery of my Self. Thank you, Swamiji!

Shaktipat Retreat

Jump start your spirituality and rocket light-years ahead in one weekend. Swami Nirmalananda awakens your Kundalini, the spiritual power that is hidden, to renew your body, mind and spirit.

February 23 - 28 2017

Shiva Retreat, FL

April 14 - 16 2017

Downingtown PA

June 2 - 3 2017

Downingtown PA

Sept. 30 - Oct. 2 2017

Downingtown PA

The opportunity to deepen one's Svaroopā yoga experience with the guidance of Swami Nirmalananda herself is invaluable. Immersion for an entire weekend is pure bliss.

— Liza Marshall

Why I Give

By Rajñi King



Rajñi King

I give to organizations that are doing the work I want to see done in the world. *Svaroopaa*® Vidya Ashram is uplifting people, giving people the experience of Self, their own Divine essence, and giving them the tools to experience that deeper essence again and again, so they eventually live in that experience. When people are uplifted, they pass that upliftment on to others, who then pass it on and on. In this way the world changes, one uplifted person at a time. This is such important work in the world.

This work is also very personal for me. I'm so grateful to benefit from *Svaroopaa*® yoga and meditation in my own life. And I am grateful to be able to support this organization, which has been such a support to me over the years. I can't even imagine the path my life would have taken had I not found, then, Master Yoga, headed by Rama Berch and offering Yoga Teacher Training (YTT). The teachings and practices that I experienced then, and continue to experience, have shifted my life from one of contraction to expansion, both on the outside and the inside. I'm expanding into the knowing of my own Self in such an organic, easy way!

Back then, you had to go through YTT to receive the yoga philosophy teachings from this lineage, always my favorite part. Now we have so many choices to delve into all that the *Svaroopaa*® Sciences have to offer. In addition to YTT, our Ashram offers us retreats, B&B weekends, half-day workshops and the free weekly satsangs along with Swami Sunday. You don't even have to be nearby to benefit from all the freebies, because you can get online offerings, like a whole archive of contemplation articles, the satsang audios that make you feel like you're right there in the room with Swamiji, *Sri Guru Gita* audios and even a daily email quote. SATYA members receive a monthly contemplation article, quarterly newsletters and even more support for teaching.

Swamiji, the Ashram staff and all the sevites do so much to support us on our paths inward and make it so accessible in our daily lives. There's always a reminder of the Self every day in my email. Swamiji knows that we need these constant reminders because the mind so easily forgets

Consciousness. It gets so easily lost in the drama of life. I benefit so much from all of these services.

I have a busy family life with a husband, three children and two businesses. It's all too easy for me to get lost in all that activity. Having these yoga tools at my fingertips, along with my own daily practice and yoga teaching, helps me stay grounded and focused. I'm reminded of the play of Consciousness in life and the perspective of doing everything in service to my Guru. So when I get lost again, all I have to do is listen to a satsang audio or do one of my daily practices such as meditation or Ujjayi to be back to my Self!

Dakshina, the yoga of giving financially, is another important practice. It helps me stay plugged into my Self and into the Grace that flows from this lineage of great teachers. How can I not give back to this organization and support my Guru, Swami Nirmalananda, who has given so fully to me? The least I can do is offer financial support to sustain these programs and all that the Ashram offers to us. Keeping them available in our lives continues upliftment to all who are open to it, and continues to spread Swamiji's work in the world. It's comforting to know that, even in these years when I've not been able to take as many trainings and programs as I'd like, my monthly donation is still helping to support Swamiji, the Lokananda building and these valuable offerings.

Donating to the Ashram is actually a bit selfish. By giving financially I'm assured that the teachings and programming will stay available to me in my daily life. They will still be there when I'm able to take more trainings. I give monthly with all of my heart, as I have personally experienced how life changing and uplifting these practices are. I truly know that these practices, and the Grace that flows through them, help so many to find the peace and bliss that is their true nature, *svaroopaa*. I want for everyone what *Svaroopaa*® yoga and meditation tools have given me, empowering me to teach and spread the upliftment to my students, family and friends. What a gift — not only to me but to my community. I'm grateful to be so blessed.

Please consider joining me and making a monthly donation or one time donation towards the upliftment of yourself and others. The gift of being able to give to such important work is in itself a powerful and uplifting practice. In fact the opportunity to write this article and contemplate why I give has inspired me to increase my monthly donation. Won't you join me?

Quick Berry Crunch

- 1 12 oz bag of Udi's or the like Gluten Free Oats-granola
- 1 20 oz jar of mixed fruit pie filling (high quality)
- ½ container Gluten Free pastry dough
- 1 tablespoon vanilla extract
- 2 bars high quality chocolate cut into small pieces
- Berries of choice to garnish top

Instructions:

- Preheat oven to 350° and spray 9 x 12 baking dish with non-stick coating.
- Combine all above in mixing bowl.
- Pour into dish, bake for 35 minutes.
- Serve with ice cream and/or whipped cream.

योगा पुस्तकें

By Chef Anthony Corrado



Life Is Like...Pokémon GO?

By Uté Mazzel-Reeves



Uté Mazzel-Reeves

Have you noticed the phenomenon of people walking about like zombies, looking (more than usual) at their phones, oblivious to their surroundings? They are playing a new “augmented reality” game that has the players travel between the real world and the virtual world.

Pokémon GO is a treasure hunt. People download an app to their smart phone to play the game. The camera of the phone translates your actual surroundings to the phone screen and superimposes virtual objects into the scene for you to find.

As I was visualizing a player looking at his environment on his phone screen, ignoring his actual surroundings, it struck me how this is a metaphor for life from a yogic perspective. Like a Pokémon GO player we become enthralled with a limited, contracted form of reality, chasing after imaginary treasures to engage and amuse us, but which leave us empty once the “game is over.”

I think this game is so seductive because we have this kind of app built into us. The human experience begins with being limited and tending toward contraction, and of course we are great at chasing imaginary treasures and like to accumulate points! So life without deeper awareness is not unlike a Pokémon GO treasure hunt.

Svecchayā svabhittau vičevam umlayati
— *Pratyabhijñāhrdayam* sutra 2

Through her will alone, Consciousness blossoms forth the universe upon the screen/canvas that is herself.

The author, Kshemaraja explains that, as Chiti (Consciousness) blossoms forth as the universe, it seems different and separate from herself, though actually it is not separate. He uses the analogy of the reflection of a city in a mirror being inseparable from the mirror itself.

In Pokémon GO, our outer environment is reflected on the screen, but obviously the screen image is inseparable from it. Wherever you point the camera, that part of your outer environment will show up on your phone. Just like the environment on your phone screen is informed by the outer reality, so is the limited reality of your individual life informed by the highest reality of Consciousness itself. But you don't see it when you have your nose glued to the proverbial screen.

Meditation allows us to look up from the screen and see the true treasure — the One Reality that is all pervasive, all powerful, unlimited: the reality that is our true essence.

These teachings enrich my life and help me put it into context. As human beings we have a tendency to get lost in our small-s self identity and trapped in our limited individual lives, believing that is all we are about. Usually that involves drama. Experiencing the expansiveness of my own Self in meditation, again and again, has broadened my sense of who I am in ordinary life. I find that it stays with me even under stress.

My husband recently had a life threatening event where his condition shifted several times from extremely serious to kind of okay. I fully felt all the spectrum of emotions. Yet I also noticed that I was not experiencing any reactivity. I am so grateful that I didn't have to freak out. Without being burdened by panic, my mind had the clarity to carefully make life and death decisions.

And Grace! Not being stuck in tunnel vision of a more contracted sense of self, I find that I am more open to the flow of Grace. During my practice, the first morning after the crisis, my mind was so active, trying to plan how to organize continuing care for my husband, that I wondered how I could possibly meditate. As I sat on my blankets these words come to me:

“Mind, you have been so busy with important things, take a rest and bathe in mantra.”

Bathing in mantra — what a wonderful gift — I can rest in That.

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Extremely thorough & comprehensive teachings about Deceptive Flexibility. Wonderful & supportive teaching staff. Gave us much information & more Svaroopā® Yoga tools for us to use with our DF students.

— Ellen Rosenkrantz

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Downingtown PA

May 16 - 21 2017

[EYTS Deceptive Flexibility 1](#)

Downingtown PA

September 24 - 29 2017

[EYTS Deceptive Flexibility 2](#)

Downingtown PA

Landing at Home in My Self

By Karuna (Carolyn) Beaver



Karuna (Carolyn) Beaver

Airports are good places to watch people and planes, even to watch your yogic state come and go. While I would love to say that I continuously abide in svaroopavidya, the experiential knowing of my own Divine Essence, sometimes this state's arrivals and departures fluctuate like the reader board at the airport.

On a recent trip home, my first flight was cancelled minutes before boarding was to start. No worries, I thought. It was early enough in the day for other options. I began to repeat mantra and was grateful for my practice as my husband and I waited in a long line to rebook our travel home. The airline staff, trying to accommodate so many agitated people, was doing its best. I said mantra for them, and I said mantra for my husband, who was becoming increasingly frustrated.

When it was our turn in line, we were told that it was not possible for us to get home the same day. Instead, we had to wait all day in the tiny French airport, take an evening flight to Paris, spend the night and continue on the next day. *C'est la vie* and *Om Namah Shivaya* I told myself.

During the long wait we heard several announcements for departures to Paris. This got my husband's mind going. Hopping on his phone, he discovered that there were not only three earlier flights, but that we could have taken a red-eye to arrive home in the morning. That's when I "lost it." I lost my yogic state. I lost my Self. I started to get angry that I had been misled. More mantra ensued!

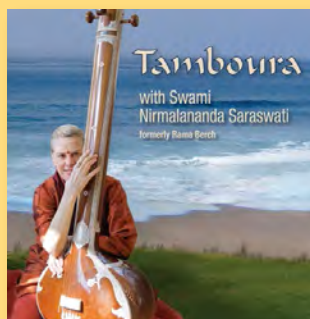
Eventually the peace and calm that I know are my birthright reappeared, and I thought, "What did it matter, really?" Yes, I had to make arrangements for pet and house care as well as transportation, but it was nothing earth-shattering. And even if the situation had been more difficult, Grace and mantra would have carried me home. They always do. I was glad to be a yogi, for myself and for others.

Swami and Vidyadevi's September contemplation says that the world needs yogis; the world needs the yogic model that we provide. They say that we are like lotuses. Even when we get planted in the mud, we don't get dirty. I feel so fortunate to have a Great Being as a role model. In so many situations, I ask myself, what would Swami do? And her Presence guides me — always. I even got to be a yogic role model at the airport. The woman behind me in line told me she hoped she could be as calm and pleasant as I was with the ticketing agent. She said she had an anxiety disorder and that my presence helped calm her down. I repeated mantra for her too.

In two long days of travel, I recognized that my real home is not the city or the house in which I live. I learned that I carry my home with me, wherever I go. I learned that my own Self is my home. The contemplation article says, "Once you truly land here, being present in this world, you have begun your return home to your own Divine Self." My yogic role models, primarily my Guru, and my practices help me land there every time, without fail.

I need reminders, as the article points out, that following a yogic path and being in relationship with an Embodied Being is ultimately my own process: "It's not just about the spiritual greats from the past, not about the greats in the present, not even about Swami Nirmalananda — this is about you!" Remember, this is all about you. When you know your own Self, you are living in the Truth, as the Truth Itself. Happy landings to you, even if the journey isn't always smooth. We're all in it together.

Amaya Shop Items!



Tamboura CD

The vibrant drone of the bass tamboura on Swami Nirmalananda's Tamboura CD fills the background of your mind so that it is easy to meditate, consistent with the ancient texts on how to find the easiest pathway in to your own Divine Essence.

Sitbone Block

Make your sit bones happy with the Sitbone Block and your tailbone will "let go!" Release muscular tension at the base of your spine, anywhere. Place your sit bones on the block for 20 minutes at a time, in your car, on the sofa, at the movies, anywhere. Take your bliss with you.



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Business Card (3.625 x 2 inches)	\$35	\$30	\$18
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Full page (7.625 x 9.825 in.)	\$310	\$300	\$100

Upcoming Programs

Click on [titles](#) for info about Programs. DYMC is **Downingtown Yoga Meditation Center**.

OCTOBER 2016		
7 - 9	Radical Anatomy for Yogis	DYMC
8 - 9	Peaceful Easy Feeling Weekend	Rowell GA
8	Vows Free Intro Call	Phone
9	Swami Sunday: Free Meditation Program	DYMC
11	Satsang: Free Meditation Program	DYMC
14	Satsang: Free Meditation Program	Boise ID
15	Half-Day Workshop: Plumbing the Depths	DYMC
15 - 16	Svaroopa® Yoga for Neck and Shoulders	Paoli PA
15 - 20	Embodiment® Yoga Therapy Training	DYMC
16	Swami Sunday: Free Meditation Program	DYMC
18	Satsang: Free Meditation Program	DYMC
19 - 23	Foundations of Svaroopa® Yoga	Lota QLD, Australia
20	Shree Guru Gita	DYMC
20	Phone Q&A Satsang	Phone
20	Vows Preparation	Phone Course
20 - Nov 3	Meditation 101	DYMC
21	Half-Day Workshop: Conscious in Consciousness	DYMC
25	Satsang: Free Meditation Program	DYMC
25 - 30	EYTS - Deceptive Flexibility 1	DYMC
26	Free Yoga Pain Clinic	DYMC
27	SATYA Marketing Call: Social Media	Phone
28	Satsang: Free Meditation Program	Buckingham PA
30	Swami Sunday: Diwali Celebration	DYMC

NOVEMBER 2016		
1	Satsang: Free Meditation Program	DYMC
2 - 6	Foundations of Svaroopa® Yoga	DYMC
3	Shree Guru Gita	DYMC
4	Satsang: Free Meditation Program	Calgary, AB, Canada
5 - 6	Discover Your Inner Knowing	Calgary, AB, Canada
5 - 6	Opening Your Heart - Inside & Outside	Mt. Horeb WI
5 - 6	Living with an Open Heart	South Strafford VT
6	Swami Sunday: Free Meditation Program	DYMC
8	Satsang: Free Meditation Program	DYMC
8	Half-Day Workshop: Deeper Poses - Deeper Openings	DYMC
8 - 15	ATT 415: Leading Weekend Workshops	DYMC
10	Shree Guru Gita	DYMC
10 - 14	Foundations of Svaroopa® Yoga	San Diego CA
13	Swami Sunday: Free Meditation Program	DYMC
15	Satsang: Free Meditation Program	DYMC
15 - 19	Yoga Therapy Intensive	DYMC
18	Satsang: Free Meditation Program	Marlborough MA
20	Swami Sunday: Free Meditation Program	DYMC
22	SATYA Marketing Call: Creating a Special Event	Phone
22	Satsang: Free Meditation Program	DYMC
25	Half-Day Workshop: Conscious in Consciousness	Kenmore Hills QL, Australia
26 - 28	EYTS Foundations Review	Brisbane QL, Australia
28 - Dec 4	YTT Level 1	Brisbane QL, Australia
28	Meditation Made Easy	DYMC
29	Satsang: Free Meditation Program	DYMC
DECEMBER 2016		
1	Shree Guru Gita	DYMC
6 - 9	EYTS Deceptive Flexibility	Kenmore Hills QL, Australia

2017 Program Calendar

Currently planned events & trainings and Svaroopa® Yoga & Svaroopa® Vidya professional trainings plus retreats with Swami Nirmalananda.

JANUARY 2017		
14 – 22	YTT Level 4	DYMC
23 – 29	YTT Level 2	DYMC
FEBRUARY 2017		
3 – 6	Prep Course: Deeper – Forward Bends	DYMC
7 – 12	ATT: Deeper – Forward Bends	DYMC
17 – 21	Sadhana Retreat	Cocoa Beach, FL
23 – 28	Shiva Shaktipat Re treat	Cocoa Beach, FL
MARCH 2017		
1	2017 Year-Long Programme Intro Phone Call	Phone Course
2 – 5	EYTS Foundations Review	DYMC
5 – 11	YTT Level 1	DYMC
12 – 19	ATT 262: Yoga Therapy – Treating Pain	
15	Year-Long Programme begins	Phone Course
21 – 26	EYTS Deceptive Flexibility 2	DYMC
29 – April 2	Foundations of Svaroopa® Yoga	DYMC
APRIL 2017		
1 – 7	YTT2	Australia
14 – 16	Shaktipat Retreat	DYMC
26 – 30	EYTS: Teacher Tuneup – Heart Openers	DYMC
MAY 2017		
5 – 7	Radical Anatomy for Yogis	DYMC
8 – 13	Embodiment® Yoga Therapy Training	DYMC
11 – Aug 3	Meditation Teacher Tuneup	Phone Course
16 – 21	EYTS Deceptive Flexibility 1	DYMC
17 – Aug 23	Yoga of Food	Phone Course

JUNE 2017		
2 – 4	Shaktipat Retreat	DYMC
15 – 18	DIY 1	DYMC
21 – 25	Foundations of Svaroopa® Yoga	DYMC
JULY 2017		
5 – 9	Vows Retreat	DYMC
14 – 17	Prep Course: Deeper – Abs	DYMC
18 – 23	ATT: Deeper: Abs	DYMC
29 – Aug 2	EYTS: Teacher Tuneup – Classical Poses	DYMC
AUGUST 2017		
5 – 13	YTT Level 3	DYMC
24 – 27	DIY 2	DYMC
SEPTEMBER 2017		
7 – 10	EYTS Foundations Review	DYMC
11 – 17	YTT Level 1	DYMC
20 – Nov 1	Yogify Your Life	Phone Course
24 – 29	EYTS Deceptive Flexibility 2	DYMC
30 – Oct 2	Shaktipat Retreat	DYMC
OCTOBER 2017		
7 – 11	Foundations of Svaroopa® Yoga	DYMC
12 – 15	DIY 3	DYMC
21 – 26	Embodiment® Yoga Therapy Training	DYMC
27 – 29	Radical Anatomy for Yogis	DYMC
NOVEMBER 2017		
1 – 4	Prep Course: Deeper – Neck & Shoulders	DYMC
5 – 10	ATT: Deeper – Neck & Shoulders	DYMC
11 – 14	Year-Long Programme Retreat	DYMC