



Svaroopo[®] YOGA  MEDITATION

kaadaa!

Svaroopo[®] Yoga: Experience Your Divine Self

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Editorial

It Sneaks Up on You

By Swami Nirmalananda

You just wanted to reduce your stress, or maybe learn how to relax or how to get rid of back or neck pain, so you started yoga. And then it turned into something more, something more than exercise, something more than a relaxing interlude in the middle of your week. Yoga has this way of sneaking up on you, especially *Svaroopo*[®] yoga.

The benefits of yoga are well recognized in the media as well as thoroughly researched. With most research studies focused on athletic and aerobic styles of yoga, it's no surprise that they are able to prove that yoga works like exercise. It takes only a few yoga classes to reduce pain, improve flexibility and strength, balance your immune system, and improve your sleep, breathing, heart health, elimination, etc. The least surprising item on the list is the "etc." Yoga and exercise reliably provide all these benefits. How wonderful!

For millions of yogis in the West, yoga is their preferred form of exercise. As proven by the research on exercise, either or both will make you happier and more focused, give you more self-esteem and even inner strength. Your bones are stronger; your posture makes you look and feel younger. Yoga doesn't have a copyright on these things.

But yoga does something more. It gives you inner peace. When I meet someone new and they ask what I do, I reply, "I teach yoga and meditation." They say, "I need to do that." I

continued on page 2

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Click on the article name to go to page

EDITORIAL

It Sneaks Up on You

By Swami Nirmalananda 1

THERAPEUTICS

From Pain to Happiness

By Maitreyi Wilsman 3

WHY I TEACH

Profile of Teacher Trainer Julia Djaic

By Premdas (Rob) Gold 4

STUDENT STORIES

ATT 262: Treating Pain

By Tahira Haroon 5

IMMERSIONS

Guru and Self Retreat

By Jyoti (Rebecca) Yacobi 6

BECOMING MYSELF

Teaching Meditation & Leading Satsangs

By Rama (Ruth) Brooke 7

TEACHINGS

Dharma: The first Goal of Life

By Kusuma (Karobi) Sachs 8

WHY I GIVE

Monthly Donors Explain Why

Reported by Matrika Gast 9

CALENDAR

Upcoming Programs 11

Editorial *continued from page 1*



Swamiji

always ask them why. They never tell me that they want flexibility and strength. They never say they want better sleep, a healthy heart and immune system. They tell me they need to relax. They talk about being centered and finding peace.

How do they know that yoga will give them these benefits, when science isn't even looking at them? It's as if some scientists decided to research the ocean, so they analyzed seaweed, undersea rocks and ocean critters —

but they forgot to analyze the water. The yoga researchers are missing the point. Yoga is about peace. It's about peace and more.

The yoga masters speak to us about what yoga provides, their voices echoing through the ages:

- Yoga quiets your mind, so that you will experience your own Divine Essence.¹
- Yoga poses give you control over your spinal energies, so you can quiet your mind.²
- Yoga poses are the first step on the path to the knowledge of Truth through meditation.³
- Yoga is for the spiritual upliftment of the discerning seeker.⁴

The politically correct terms are "presence" or "awareness," but the sages say you will know your own "Self." They promise the "bliss of consciousness," arising from within. *Svaroopaa*[®] yogis are not surprised by this because it happens in every class. *Svaroopaa*[®] yoga is consciousness-yoga, even when you think you're just doing some breathing and yoga poses. While you're working on your body, you're getting more. Thank you to the yogis who tell their stories in this issue; they make it easy for you to understand what you're getting from your yoga.

¹ Patanjali *Yoga Sutras* 1.2-3

² *Hatha Yoga Pradipika* verse 1

³ *Gheranda Samhita* verse 2

⁴ *Siva Samhita* verse 3

From Pain to Happiness

By Maitreyi Wilsman



Maitreyi (Margie) Wilsman

Now in his 70's, Donald began yoga therapy in his 60's, over six years ago. Six feet four inches tall, he is a retired school district administrator and life-long athlete who played lots of different sports, especially basketball, but was bent forward at the waist with rounded shoulders and constant back pain. Whenever he stepped off a curb he felt shooting pain, like an electric shock going through him. Donald had tried many forms of medical treatment, including physical therapy, massage and a few injections. Although they would work for a while, they did not provide long-term benefits.

Since nothing had worked to relieve his pain, Donald tried yoga classes because a friend had invited him to a class. In Supta Garbhasana (Knees to Chest) he was not even close to having his knees touch each other. So Vibhuti (Sandy) King suggested private yoga therapy sessions; he signed up for a series.

Getting him started with the Magic Four as a daily practice required some modifications. At first Donald's Jathara Parivrttanasana (Rotated Stomach Pose) was barely a twist at all, more like lying on his side. But he had his daily practice to do and he did it. That made it possible for Vibhuti to give him *Embodiment*[®] sessions, which made a big change in his overall pain level.

In his retirement Donald liked to help people with tasks such as cutting up trees, and he enjoyed doing home projects such as resurfacing his driveway. Whenever he did something too strenuous, he would have a setback, and he still got a jolt when stepping off a curb. Since he was retired, he didn't feel he could afford an Overlap Healing series, but did his daily practice and got weekly *Embodiment*[®] sessions.

In addition, Donald bought Swami Nirmalananda's Experience Shavasana CD and used it, but not daily. He was more comfortable with the physical practices than the breathing. Vibhuti reminded him a lot about Ujjayi Pranayama, but did not push him because he was getting results. Soon he was taking two classes a week as well as doing his daily home practice. Finally, after a year of yoga, he could do the regular Magic 4 without special adaptations.

Along the way, Donald realized that he had more pain after working out at the gym (which he had not told Vibhuti he was doing), so he decided to do only yoga. He later shared this with Vibhuti. When he was ready, she moved him from *Embodiment*[®] sessions to yoga therapy sessions, using poses to focus on the areas where Donald felt the most tension. After three months of this approach, Donald was so improved that he began to taper off.

a problem, he makes an appointment for a private session. Or if he does too much, he comes to two weekly classes again for awhile.

Donald still has upper body tension with rounded shoulders, but his twists are much better. Now he stands tall, with his legs no longer bent at the knees, and he is no longer bent at the waist. Donald's long-time girlfriend and their two best friends saw the changes in Donald, so they started coming to class too. Vibhuti says, "He's now just so happy, a real happy person. He was a happy person anyway, but his pain was making him a grumpy person."

Vibhuti continues, "While Donald is not very interested in the spiritual aspects of yoga, he does stay after class and meditate. He is much more aware of the correct placement of his head when sitting to meditate. He can feel the shift in energy going up his spine, 'like fizzy bubbles,' he says, when I adjust his head."

Donald is now very aware of his body. Describing the profound change in Donald, Vibhuti says, "He was very aware of his pain at first. Now he is aware of his lack of pain as well as other body sensations that are positive. He is aware of how yoga takes care of his body, and he takes care of himself by doing more yoga and by continuing yoga therapy as needed."

Throughout, Donald was extremely dedicated to his home practice and classes, and still comes to class weekly. He now sees Vibhuti every other month for a yoga therapy session. He continues to do his home practice, a different set of poses that includes Alternate Leg and Alternate Leg Diagonal.

For a while Donald continued to feel pain only when working hard, but today Donald is pain free — even when working hard and stepping off a curb. When he does physical activity that is excessive, he knows his home practice will get himself straightened out, so he sometimes does his home practice twice a day. If he ends up with

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Profile of Teacher Trainer Julia Djaic

By Premdas (Rob) Gold



Julia Djaic

The first time Julia Djaic took a *Svaroopaa*® yoga class, it felt slow — *really* slow. She was the youngest in the room and unsure of what to expect, but she recalls, “All my past experiences with yoga books and DVDs said I needed a teacher, and I had found Janaki.” Janaki (Janet) Murray, a Foundations Teacher Trainer hailing from Brisbane Queensland, Australia, is one of the pioneering *Svaroopaa*® yoga teachers there.

In that first class, Julia found that the opening Shavasana adjustments helped her to settle in. As the class progressed, she found herself wondering, “Is this it? Am I just going to lie here for the whole class?” This quandary came and went until the drive home, when Julia found the answer to the question Janaki had asked at the close of the class: What are you aware of?

Julia discovered that she was aware of “real happiness bubbling up inside” in a way she’d never experienced before. She thought, “Wow...what is that?” The unnamable “That” (along with Janaki’s insistence on Julia buying a six-week class pass) is what led her to taking Teacher Training, then teaching classes of her own and now embarking upon the journey to become a Teacher Trainer herself. The details have changed over time, but the reason remains steadfast for Julia — to share the access to and knowledge of the Self with others.

Julia felt the beginnings of inner unfolding early on. That experience deepened with each training she took. She was recognizing something she hadn’t quite found the words for but she knew she wanted: to share the joy and to teach others, providing them access to

the joy and peace that she had found. Each yoga teacher training (YTT) course deepened her knowledge and gave her the ability to offer more and more to her students.

Yet over time Julia experienced an internal shift, from going to trainings for her students’ sakes to going for her own transformation. “I was getting more from the trainings personally, gaining a deeper understanding of myself. Then when students kept coming to see me, I was able to offer them more.”

Seeing Swamiji at Level 1, Julia “recognized the joy and peace and the heart-deepening effect from a deep immersion into the Self.” In this YTT experience, Julia witnessed the dedication and passion of her Teacher Trainers, and she felt an urge to understand everything all at once. While she didn’t find “instant enlightenment,” she did

begin to recognize the “bits as they grew within her,” as her love of yoga grew. This love led her to complete YTT, including *Embodiment*® and *Experiential Anatomy*, to become a Certified *Svaroopaa*® Yoga Teacher, to assist in trainings and classes in Australia and to begin the path to becoming a Teacher Trainer herself. In working closely with Janaki as an assistant, Julia finds that she shares her knowledge in a new and different way, yet a way that remains true to her own style.

“As I lean into the Grace, I watch it unfold in my life as well as profoundly affect my students’ lives... I teach because doing so opens my heart and mind to be a part of something more. I just want to share the gift I have received.”

“All of my trainings have been a gift,” says Julia, “the gift that keeps giving to me and allows me to keep paying the gift forward. As I lean into the Grace, I watch it unfold in my life as well as profoundly affect my students’ lives.” Finally, Julia says, “I teach because doing so opens my heart and mind to be a part of something more. I just want to share the gift I have received.”

Foundations of Svaroopaa® Yoga

“This program had a very profound effect on me. I left having a deeper understanding of *Svaroopaa*® yoga and a better sense of myself.”

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ATT 262: Treating Pain

By Tahira Haroon



Tahira Haroon

A friend once said to me that God brings you to yoga. That resonates with me. Yoga, and especially *Svaroopa*® yoga, has been a true godsend. I used to teach in a different yoga tradition and had intermittent knee pain. At that time (2005), I was willing to try all different styles of yoga. Once, when I was out of town for a Zero Balancing conference, I went to a free yoga class that was offered in conjunction with the conference. It was my first *Svaroopa*® yoga class. I loved it!

The yoga teacher told me that if I did those same poses (you guessed it, right? the Magic 4) every day, I would get rid of my knee pain. I believed her because of my experience in the class. I did the Magic 4 religiously and was soon pain free. I knew that this was the type of yoga I wanted to commit to and teach! That first

Svaroopa® yoga teacher also suggested that I take Foundations — and beyond, which I did. As the quote goes, “A journey of a thousand miles starts with a single step.”

Becoming a Certified *Svaroopa*® Yoga Teacher was a transformative journey and it’s not over! That’s another wonderful thing about our style of yoga. It’s a lifelong journey. I have discovered things on this journey that I didn’t even know I was looking for. And I continue to learn. Being able to take advanced yoga teacher trainings (ATTs) not only helps me to serve my students better, it also advances me on my spiritual path. That path includes healing—on all levels.

For some people, pain brings them to yoga. Knowing that, I wanted to be able to serve those students too. ATT 262: Treating Pain gave me a whole different perspective on pain. (It also gave me tremendous openings—another reason I keep coming back for more.) “Treating Pain” was particularly memorable because it really brought home to me the power of Ujjayi Pranayama. *Mirabile dictu*, every student in our class had taken Swamiji’s phone course on Ujjayi for SATYA members. That alone hinted at what you can expect from advanced *Svaroopa*® teacher training.

After completing ATT 262 Treating Pain immersion, I began the related Develop your Teaching Skills (DTS) at-home study. This aspect of *Svaroopa*® yoga is so appropriately named. This DTS program provided me the opportunity to practice what we learned by requiring us to give yoga therapy sessions to pain clients. That has been a true eye-opener and a tremendous joy. My first pain client did 20 minutes of Ujjayi daily

and was pain free within three sessions. Some might call that a miracle! It certainly gave me confidence and has definitely propelled my development as a teacher, not to mention deepening my personal practice.

You might wonder how I found this ideal pain client. Well, during the “Treating Pain” training, I just happened to think of somebody who, I knew, could benefit from *Svaroopa*® yoga therapy—somebody who had chronic pain and somebody who would be receptive to trying this modality. I was a little nervous giving her the first session. The first session was to consist of coaching in Ujjayi Pranayama. I know for myself how powerful Ujjayi Pranayama is as a daily practice, but I wasn’t sure whether she would be so readily aware of its benefits.

Nervous as I was about her response, I was still comfortable with the process of coaching her during Ujjayi Pranayama. That’s because we were given ample opportunity during our training to refine our technique. It was empowering to put into practice with a real client what I had learned in the course. My only question was, “Would she ‘get’ it?” She did—and how! Her after-session client reports were amazing.

In great anticipation, I sent in my five client reports to my ATT DTS Mentor, for her review and response. I was certainly pleased by my homework results, and hoped that Kusuma would be too. She was — and then some! Her

feedback on our first call encouraged me as much, if not more, than even my client’s results. And it’s always helpful to hear what my colleagues have experienced, what they have questions about, and how Kusuma responds to both. DTS clears up misconceptions you didn’t even know you had!

On that first DTS call, we were given our next assignment, which was to plan five future sessions with a “normal” client. Because I had gotten such positive feedback on my first assignment, I was motivated to start the second assignment right away. I did the second assignment sessions on a regular yoga student and *Embodiment*® client.

It has been very helpful to work with two different types of clients. While the first sessions helped me to deal with the issue of pain, the second assignment enabled me to practice hands-on what I learned in our class. I remembered how great the poses/adjustments felt when I did them in my Treating Pain course, so I knew, in advance this time, that my client would like them, too. The main question this second time around was, “Would the results be as dramatic?” They were! The “monkey mind” my client was experiencing before the session almost totally disappeared by the end. How wonderful is that! Quiet mind. That is key and, ultimately, perhaps even the key to treating pain.

DTS is so appropriately named — Develop your Teaching Skills. In the case of “Treating Pain,” DTS has provided me with the opportunity to practice what we learned, as well as integrate my own experience of the training immersion. I have found giving yoga therapy sessions to a pain client to be a true eye-opener and a tremendous joy. Her 20 minutes of daily Ujjayi made her pain free within three sessions. I call that a miracle. It certainly gave me confidence and has propelled my development as a therapist and teacher, as well as deepening my personal practice. For all that, I am most grateful. God is indeed great!

“Medicine doesn’t talk about this much, yet acknowledges that your “spiritual beliefs” can affect your body’s ability to heal as well as your mental and emotional state.”

— Swamiji & Vidyadevi

Guru and Self Retreat

By Jyoti (Rebecca) Yacobi



We spend the weekend sitting with Swamiji, having “darshan,” which means to see the Divine. We share our experiences and understanding, listen to Swamiji speak, and we chant and meditate. We install the Guru in our body, mind and heart. She tells us, “Don’t leave home without It. Wherever you go, there you are — you, me and the Guru, one inextricable from the other.” Divinity is interwoven within every fiber of my being, from the finite to the infinite, from the visible to the subtle.

It is a Friday evening in October and silence has descended upon the room at the Desmond Hotel where the participants of Guru and Self, our 2014 yearlong programme, have assembled, patiently awaiting Swami Nirmalananda, who will commence the retreat portion of the course. The door opens. As Swamiji enters our classroom at the Desmond, my heart leaps with joy, mind and breath suspended in awe. The feeling of having come home arises and fills me to the brim.

The weekend retreat is finally here, culminating nine months of “distance learning,” through online and conference call studies. This rich experience included teaching articles for us to download, recorded audio discourses and telephone discussions, and time to consolidate and integrate all that we learned.

Swamiji has prepared us well for this retreat. She explains why One becomes two, as well as the depth and magnificence of bowing to Guru’s feet. She speaks of Embodied Divinity in the form of Christ, Buddha, Moses, Mohammed, and of course the many saints within the yogic tradition. She beautifully expounds on some of the verses in the *Guru Gita*, deepening our understanding of this mystical chant.

As I offer a flower, bow my head and touch her feet, at that moment, mind is suspended; time and space do not exist. My Guru and I are One. I can stay here forever. I do not want to move, immersed in cosmic infinity, the upwelling of expansive flow. I raise my head, look into her eyes and melt — just a moment ago we were One boundless reality. Now we

are two, disciple looking at Her Guru, but the difference is barely perceptible.

At this moment, nothing else exists but my Guru and my undying love and gratitude to Her, for I have finally found the One who can take me all the way home to the Infinite Consciousness that becomes embodied in the human form. We are That: the One Consciousness, playing at being two. The Guru imprints me with her gaze, so that when doubt arises in my mind, I can reach back and touch my heart where she is firmly planted, to reveal my own true form, svaroop.

In the Presence of the Guru
The Self is revealed
Nothing to do, nowhere to go
Be in the knowing that blossoms within...

I have been here so many times
Ready to take that leap of faith
Jump into the dark void and know
That I am supported, cherished and freed

Yet now something has changed...
No separation, no veil
She is right here inside my heart, my mind
No further than a breath away...

In the Self I stand revealed
Soaring like an eagle
Flying like a star
Boundless freedom is my name...

Swamiji says there is nothing but Muktananda.
I say there is nothing but Nirmalananda.

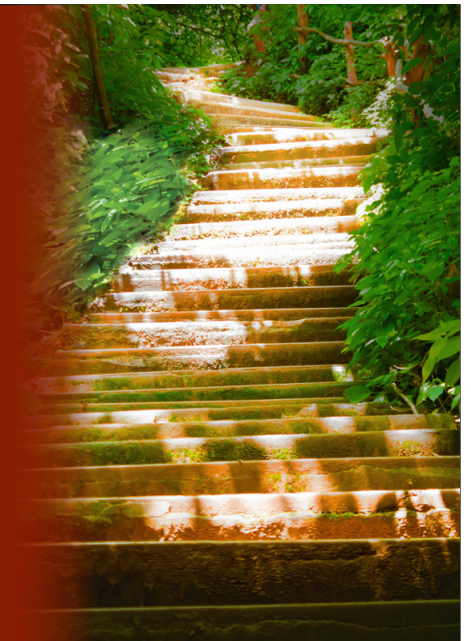
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Teaching Meditation & Leading Satsangs

By Rama (Ruth) Brooke



Rama (Ruth) Brooke

"I feel such joy when I am teaching the meditation series and the satsangs. I am so blessed to be able to share my knowledge and love of Svaroopaa® Vidya Meditation with others."

— Mati (Sandy) Gilbert

As a recent graduate of Meditation Teacher Training, Mati finds that the more she teaches meditation and leads satsangs, the more comfortable she becomes with the material and the delivery, and the more her students absorb from the teachings. She describes

becoming a Meditation Teacher as well as Meditation Group Leader.

I always thought it would be good for me to meditate — to lessen my stress, especially during my working full time years. But I never did. It wasn't until I started taking Svaroopaa® Yoga that I learned the value of quieting my mind. What a priceless tool that is! I took Meditation Made Easy with Swamiji and with other teachers, but each time I meditated for a while and then reverted back to not doing so. Still, I knew I wanted to become a Svaroopaa® Vidya Meditation Teacher.

I first met Swami Nirmalananda back in 2004 when I started to teach Svaroopaa® Yoga. She wasn't a swami then, but I knew from the beginning that she was special. I could feel it within. I was both in awe and afraid of her at the same time. Little did I know just how far she would take me! After she became a swami, I attended various shaktipat and other retreats with her — each time coming away knowing more of my inner Self.

During my first Shaktipat Retreat, Swamiji gave me the mantra Om Namah Shivaya. It felt so natural to say it aloud and I did so often. It was really amazing when I became aware that the mantra was always repeating itself in the background of my mind. So comforting!

In October 2013, to my own surprise, I made a commitment to Swamiji. I wanted her to be my Guru. Since then, I have been on an emotional roller coaster — going very high on some days and dipping lower on others. The good news is that each time I go higher, it is HIGHER — and each time I go lower it isn't quite as low.

Once I experienced the joy of knowing my inner Self, I knew I wanted to share it with others. To do that, I needed to take Meditation Teacher Training (MTT). It was similar to taking YTT Levels 1 and 2. There was so much to learn and to absorb within my body and mind — quite intense. At the end of it, I was overwhelmed, yet I knew I was provided with the tools to teach.

Meditation Group Leader (MGL) Training was similar to taking YTT Levels 3 and 4. By that time my body and mind had become open, so I absorbed the basics. I felt comfortable in knowing the material and having more glimpses of my inner Self.

To me, it was important to take MGL training as soon after MTT as I could. I had noticed that students of my meditation course didn't continue to meditate on their own. They needed to have a place to come and meditate with others. I feel such joy when I am teaching the meditation course and leading satsangs. While the response is slower

than I would like, I feel they are getting something and some will come back. I am patient — I remember how long it took me to become a regular meditator.

I am so blessed to be able to share my knowledge and love of Svaroopaa® Vidya Meditation with others. On a personal note — the joy I feel in teaching meditation is similar to the feeling that my mantra Om Namah Shivaya is always in the background of my mind. So comforting! It is at these times that I experience the joy of knowing my inner Self.

Continuing Education

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Apr 21 - 25	Foundations in Atlanta GA
Apr 26 - 29	EYTS Deceptive Flexibility in PA

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Dharma: The first Goal of Life

By Kusuma (Karobi) Sachs



Kusuma (Karobi) Sachs

Yoga is not about being aloof, separate and withdrawn in the midst of people, doing only “spiritual activities.” Yoga is as much a part of your life as breathing; you take it with you everywhere you go. Swami Nirmalananda’s contemplation theme for 2015 makes this clear, “Understanding Yoga — Understanding Life,” beginning with the principle of dharma.

Dharma is the “rightness” of things. Dharma underlies how you live your life. Dharma defines your duties in life, even your morality. Dharma is the “right” way of living. Dharma is in humans as well as in animals and even in nature. It is the dharma of a bee to make honey; it is the dharma of the wind to blow. Each person has their universal dharma as a human being and has their own personal dharma as well, that which they are born to do in this lifetime.

As you grew, you were drawn to some things and not others. One person might love nature, even growing up in a big city, surrounded by cement structures and big highways. Such a person might be drawn to the vacant lots or the railroad tracks, exploring the weeds, the straggly trees and the wild vegetation growing there.

Consider someone who loves to play sports but is told to apply themselves to academics. They may even do their studies very diligently but it is an uphill battle. Then they find themselves volunteering as a coach for a Little League team. The volunteer job becomes more important and their studies slide. They found their way into their own dharma.

As you find what you are meant to be doing, your personal dharma, it’s like putting on a comfortable flannel shirt. If you ignore your dharma or try to avoid it, you feel incomplete; you feel that things are not “right.” You may only realize this when you find your way back to what is dharmic for you.

Dharma demands that whatever you do, whether you feel it is right for you or not, you do it to the best of your ability. Yet yoga offers you a deeper understanding of dharma, an opportunity to go a step further. Of course you must do your duty, yet you can do it with a sense of worship, an honoring of the Divine in

your actions and thoughts. By doing so, every action becomes yoga; every action brings you closer to the Divine.

In Baba Muktananda’s book, Ashram Dharma, he explains how to live dharmically in the Ashram, what attitude to adopt and what to avoid. He encourages each resident and visitor to see and honor each part of the Ashram as consciousness itself: from the chanting in the meditation hall to the vines and creepers in the gardens. He says to keep your own possessions and everything else in the Ashram tidy and in order. Beyond that, he teaches to regard everything you use as belonging to God, and to see the world as an image of God, and a holy place as an image of a saint.

This understanding of dharma became clear to me recently. When I moved into the Ashram several years ago, I was drawn to cook and tend to kitchen duties. But our cook takes good care of us, so I ignored this pull over and over again. In the kitchen as in the rest of the house situations arose that I would have tended to if they were in my own house, but since each resident is responsible for specific areas, I honored their seva. I resisted my natural inclination to respond to situations that were outside my seva.

Recently I was given the job of being more responsible for the very things that I had been restraining myself from doing. Now I am doing

what I was drawn to all along. I can see clearly that tending to house responsibilities, especially in the kitchen, is my dharma. It has been so easy to take on these responsibilities!

Doing these familiar jobs, but in the Ashram, means I am fulfilling my personal dharma. Yet I have an opportunity to take it to a higher level, to use this mundane activity as a sacred offering, as worship, as Krishna describes:

You can attain perfection by devoting yourself to duty. Hear how! Make your work into worship, being devoted to the One who is the source of this universe, the One by whom all this is pervaded. Thus you attain perfection.¹

— *Bhagavadgita* 18:45 - 46

The difference is not outward. It is a change in attitude, which comes about by a shift in perception. Remembering that all is Divine gives me a new way to approach my kitchen duties. I have the choice to cultivate an attitude of worship with something as simple as unloading a dishwasher. Looking at all actions as worship, then even doing things you don’t like take on a whole new flavor. Each is an opportunity for coming closer to the Self.

This is a superb shift from outer to inner: from approaching life as mundane to living life as spiritual. I do the same action but I undertake it with a new awareness. Each of my actions comes from a more reverent state. My attitude is in keeping with the dharma of the Ashram, especially when I can stay calm, kind and not dependent on others’ actions or responses.

Living at the Ashram is a large playing field for exploring seva, dharma and specifically Ashram dharma. But you don’t have to move in. You can do this in your own life, in your own home, at work or even in yoga class. You will discover so many opportunities to grow into your own Divinity as you find and follow your own dharma, and most importantly, use that as an avenue to knowing your own Self.

¹ Rendered by Swami Nirmalananda

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Monthly Donors Explain Why

Reported by Matrika Gast

Our *Svaroopa*® community is a garden that flourishes because of the ongoing participation of each of us in the great variety of Ashram programs and teacher training courses. Your donations are like a trellis that supports lush, ever-blooming vines. During our recent Blossoming Forth fundraiser, many monthly donors chose to begin dakshina, an ongoing monthly gift, or to increase the amount they had been giving. These increases strengthened the trellis on which we, the existing community, can rely as it simultaneously extended the structure wider and taller. There is new support for the reach of Swamiji's *Svaroopa*® Sciences teachings not only for our community but more widely into the world.



Uté Mazel-Reeves

Uté Mazel-Reeves explains why she gives, "My monthly donation is just a way to support the source that feeds me. Offering Satsang as a Meditation Group Leader in my community north of Bellevue WA, as well as

monthly donations, are my modest means to serve the Guru. Of course, I get more than I give."

Newly relocated from Rehoboth Beach DE to the Washington DC area, **Michele Gordon** has opened her own studio. She recounts that, even with this great change, her mind has been in a good place. She says that because of the Grace of this path, "I never had any stress; I just had a vision of where I wanted to go." Much in the same vein, Michele says, "I've never given a second thought to donations. I had a giving mother, who gave to any charity that knocked on her door, and so it's always automatic for me to give, even through times of unemployment as well as on steady work paths. I feel the greatest gift in life is the ability to give. And *Svaroopa*® yoga and *Svaroopa*® Vidya meditation are not strangers knocking at my door. To us who are on this path, it's a very powerful friend who needs the support of us all. I've always felt that.

"When I increased my monthly donation last fall, it was [Amala's blog](#) of October 23rd that particularly inspired me. It led me to see how much more SVA could do in the world with more financial support. Money is water, in my view — like water, it's necessary for life. Without attachment to a potential purpose (as in "we have to pay the bills"), I find that giving money to a cause I strongly believe in is as easy as

watering plants. You don't even think about it."

Uma (Jeanne) Ormiston became involved with Master Yoga in 1998, and since then *Svaroopa*® yoga and meditation have been her major



Uma (Jeanne) Ormiston

source of spiritual development. As a DTS M-Group Mentor, Uma has a special vantage point from which to view as well the effects of *Svaroopa*® yoga worldwide. She says, "This is bigger than an individual. While I benefit from *Svaroopa*® yoga and meditation, it feels good to be promoting something with such far ranging effects."

"Basically," continues Uma, "it's about looking at what's important in my life and directing resources: time, energy and money. I attend training programs regularly; that participation does contribute to the ongoing organization. If this organization couldn't continue, it would be terrible for me. But for me contributing to *Svaroopa*® Vidya Ashram, whose goals are greater than just the impact on me, is at least equally important. I feel that as a *Svaroopa*® yoga community, we are a cooperative. While you still pay for specific services, there is an overall set of goals worldwide, even larger than you. I feel both an individual connection to the organization and a wanting to be part of something larger with such beneficial impact worldwide.

"In my DTS mentoring I've had the privilege of reading comments from Mentees on how the program has impacted their lives. Their comments remind me this is so much more than a professional Teacher Training organization. It reminds me of this larger movement, and I want to be part of it because I believe in it so strongly. While we hear these messages from SVA, and somehow when I read these DTS reports from mentees, it feels so much more direct. It especially comes through in my personal coaching of teachers-in-training. The impact on personal spiritual life is way beyond the professional, and this occurs worldwide."



Susan Daniel

Susan Daniel became a monthly donor after completing Foundations several years ago. As an engineer, Susan knows the benefits of staying in contact with organizations that support one's professional

competence and growth, but in donating monthly to SVA, Susan feels that she is maintaining both a professional and spiritual connection.

continued on page 10

Monthly Donors Explain Why

continued from page 9

Breaking her collar bone while skiing was the “fortunate fall” that proved to be her entry into *Svaroopa*® yoga classes and yoga therapy, first with Becky Bronson and then with Phil Milgrom in Massachusetts. Susan says, “I became aware of the difference an hour of *Svaroopa*® yoga poses or a therapy session could make. To go to a noontime class, I would leave work with everything in chaos, and then return to calm. My perception had changed; others being in chaos didn’t bother me. Even with the Shakti still really moving, I no longer felt as though I were perched on the side of a boat, about to be tossed off.

“So a few years ago when the first call for donations to the Ashram came from Swamiji,” continues Susan, “I knew I wanted to support the organization to show my gratitude. When I was a kid, I was taught to give to the plate in Sunday school, so I was used to giving to spiritual organizations, and it was important to me to support Swamiji’s teachings and work to establish the Ashram in the USA.

“I’ve never given a second thought to donations. I had a giving mother, who gave to any charity that knocked on her door, and so it’s always automatic for me to give, even through times of unemployment as well as on steady work paths. I feel the greatest gift in life is the ability to give. And Svaroopa® yoga and Svaroopa® Vidya meditation are not strangers knocking at my door. To us who are on this path, it’s a very powerful friend who needs the support of us all. I’ve always felt that.”

“What she is doing to create the Music School in Ganeshpuri is quite important to me as well. I believe music is an important part of who we are as human beings. We resonate with music, which opens us to joy. There’s a real need for it in India, is what I also hear from friends who are devotees of other Gurus. As a member of my church’s outreach committee, I have learned that the USA is one of the largest money makers in the world, so giving to international charitable projects is a way to bring balance to the rest of the world. That Swamiji is working internationally is important to me. Personally, I felt I needed to do more. So I doubled my monthly contribution. Financially, it’s a stretch; but that greater commitment has helped me focus more on what’s important to me in my work as a *Svaroopa*® yoga teacher and therapist, and in my life.”

Great thanks to each and all in our *Svaroopa*® community for continuing the financial support to ensure that our “garden” flourishes. With support from each and every *Svaroopa*® community member Swamiji’s teachings continue to reach us individually, with ever-deepening benefit, and more and more widely into the world beyond.

Savory Vegan Pecan-Walnut Balls

योगा युल्लोड्ड

By Chef Anthony

½ yellow onion diced
 ½ cup diced celery
 1 clove garlic minced
 1 tablespoon olive oil
 3 tablespoons water
 2 tablespoons fresh minced parsley
 1 teaspoon oregano
 ½ teaspoon thyme
 ½ teaspoon sea salt
 pinch fresh black pepper
 1 cup pecans
 1 cup walnuts
 1 cup gluten-free oats
 1 slice stale gluten-free bread
 1 teaspoon vegan Worcestershire sauce
 ½ teaspoon balsamic vinegar
 1 teaspoon molasses
 olive oil to moisten

I created these to compliment a baked ziti pasta dish.

Instructions:

Sauté onion and celery in oil and water mixture in a small skillet over medium heat, until vegetables soften (about 2 minutes). Add seasonings and let cool.

Chop dry ingredients in a food processor until a coarse mixture remains. Add softened veggies and remainder of ingredients. Pulse to combine. Add olive oil if needed to moisten, or more oats if too moist.

The mixture should be soft and not crumbly. Form into balls the size of ping pong balls, placing them on a sheet pan. Do not attempt to hit them with paddle to test ping pong comparison. Let dry at room temperature for approximately an hour.

Brown the balls in a shallow pan with vegetable oil to form light outer crust, placing them back on sheet pan as you go. When all are browned, place sheet pan and balls in 325°F oven for 15 minutes.

Serve warm with favorite pasta sauce/dish or as an appetizer with sweet sour or Thai sauce.

Upcoming Programs

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

FEBRUARY 2015		
1	Swami Sunday: Free Meditation Program	DYMC
3	Shishya Phone Satsang With Swamiji	Phone
3	Satsang: Free Meditation Program	DYMC
5	Free Intro to Teacher Training	DYMC
7 – 20	India Yatra – Ganeshpuri's Grace	Swamiji in India
21 – 22	A New Way to See Yourself	Corpus Christie TX
22	Swami Sunday: Free Meditation Program	DYMC
22 – 27	Embodiment® Yoga Therapy Training	Brisbane, Australia
24	Satsang: Free Meditation Program	DYMC
26	Shishya Guru Gita (Phone)	Phone
26	Shree Guru Gita	DYMC
26	Q&A Phone Satsang	Phone
27 – Mar 1	Yatra to Downingtown	DYMC
27 – Mar 1	Experiential Anatomy	Queensland, Australia
MARCH 2015		
1	Swami Sunday: Free Meditation Program	DYMC
3	Satsang: Free Meditation Program	DYMC
5	Shishya Guru Gita	Phone
5 – 9	Foundations of Svaroopa® Yoga	Brisbane, Australia
5	Free Intro to Teacher Training	DYMC
6 – 15	YTT Level 2	The Desmond
8	Swami Sunday: Free Meditation Program	DYMC
10 – Oct 15	Year Long Programme	MultiMedia Course
10	Satsang: Free Meditation Program	DYMC
12	Shishya Guru Gita (phone)	Phone
12	Shree Guru Gita	DYMC
12	Meditation Made Easy	DYMC
14 – 15	Happy Body – Peaceful Mind	Brisbane, Australia
15	Swami Sunday: Free Meditation Program	DYMC
17	Satsang: Free Meditation Program	DYMC
18	Shishya Phone Satsang With Swamiji	Phone
19 – 22	YTT Modules #1A Daily Practice	The Desmond
20 – 22	Shaktipat Retreat	San Diego CA
24 – Jun 23	Yogify Your Life	Phone Course
24 – Oct 21	Sutra Studies from Home (package deal)	Phone Course
27 – Apr 3	ATT 402: Deeper Practice	The Desmond
31	Satsang: Free Meditation Program	DYMC
APRIL 2015		
7	Q&A Phone Satsang	Phone
9 – 13	Foundations of Svaroopa® Yoga	St. Paul MN
9	Meditation 101	DYMC
11	Meditation Made Easy	DYMC
11 – 16	Embodiment® Yoga Therapy Training	The Desmond

APRIL 2015 <i>continued</i>		
17 – 19	Experiential Anatomy	The Desmond
18 – 19	More Alive, More Joyous, More You	Calgary AB, Canada
21 – 25	Foundations of Svaroopa® Yoga	Atlanta GA
26 – 29	EYTS Deceptive Flexibility	The Desmond
30	Shishya Phone Satsang With Swamiji	Phone
MAY 2015		
1 – 3	Shaktipat Retreat	The Desmond
7 – 10	DIY: Knots in Your Neck	The Desmond
13 – 17	Foundations of Svaroopa® Yoga	Boise ID
13 – 17	Foundations of Svaroopa® Yoga	The Desmond
20 – 24	YTT Module #1B – Lower Spinal Release	The Desmond
29 – June 7	YTT Level 4	The Desmond
JUNE 2015		
8 – Jul 27	My Mind Is Driving Me Crazy	Phone Course
16 – 19	EYTS – Foundations Review	The Desmond
19 – 28	YTT Level 1	The Desmond
JULY 2015		
7 – 12	ATT 201: Leading Half Day Workshops	The Desmond
14 – 19	Foundations of Svaroopa® Yoga	The Desmond
23 – 26	YTT Module #1C – Upper Spinal Release	The Desmond
28 – Aug 2	Meditation Teacher Retreat & Continuing Ed	The Desmond
AUGUST 2015		
5 – 9	EYTS – Embodiment® in Poses	The Desmond
20 – 23	DIY: Strength & Flexibility	The Desmond
SEPTEMBER 2015		
2 – 9	Leading a Discussion Group	Phone Course
3 – 6	YTT Module #2A – Abdominals	The Desmond
11 – 20	YTT Level 3	The Desmond
23 – Oct 21	Who Will I Be?	Phone Course
25 – 27	Shaktipat Retreat	Swamiji at TBD
25 – Oct 5	ATT 465: Yoga Therapy – Neck & Shoulders	The Desmond
OCTOBER 2015		
10 – 15	Embodiment® Yoga Therapy Training	The Desmond
16 – 18	Experiential Anatomy	The Desmond
20 – 25	Foundations of Svaroopa® Yoga	The Desmond
23	Shaktipat Retreat with Swamiji	Brisbane, Australia
24 – 25	Weekend Workshop with Swamiji	Brisbane, Australia
27 – Nov 1	ATT 262: Yoga Therapy – Treating Pain	Brisbane, Australia
NOVEMBER 2015		
1 – 5	Retreat with Vichara with Swamiji	The Desmond
8 – 15	ATT 403: Lower Spinal Release	The Desmond
18 – 22	YTT Module #2B – Backbends	The Desmond
DECEMBER 2015		
4 – 6	Regional Conference – Full Spectrum Yoga	San Diego CA