



Svaroopaa® Vidya Ashram

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Svaroopaa® Yoga: Experience Your Divine Self

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Editorial

Body, Bliss & Being

By Swami Nirmalananda

Our lengthening days enchant me, along with the sunlight's changing color, but especially I love May because it is the month my Baba was born. Celebrating His birthday makes my heart melt in gratitude, because what He did with His life has affected mine so profoundly. What an amazing gift, to give your life in service to another! Baba served me fully, along with so many other yogis as well, and He taught me how to serve you.

When you use your body to access the bliss of your own being, you are accessing the bliss of your own being. How extraordinary! So many people use their body to access the bliss of sweat, the bliss of exhaustion or the bliss of adrenaline; you use your body to access the bliss of your own being. Svaroopaa. And there are so other many ways to get there, which is why we have the full spectrum of Svaroopaa® sciences: mantra, breath, study, chanting, vichara, puja, seva or simply remembering a Great Master.

The consolidation of Master Yoga into the Ashram has freed me to make each access point more powerful for you, which yogis share in their stories in this month's issue.

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Tadaa!

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Swamiji

No matter which door they used to enter, they all end up in the same place — inside. Experiencing their own Self.

Your body is an incarnation of consciousness, the scintillating energy

that has become the universe, coalescing into individuality and manifesting in a physical form. Learning how to use breath and body for the inward exploration is a different way of using them than anyone else knows or preaches. Dedicating your song, your speech, your thoughts and even your relationships to the cause of your spiritual upliftment engages you in a profound science, perfected over thousands of generations of yogis. All of which gives me another reason, in the month of May, to say, "Thank you for being born, Baba."

Blade: A New Way of Feeling Good

By Maitreyi (Margie) Wilsman



Maitreyi (Margie) Wilsman

Lisa Doak began *Svaroopa*® Yoga last August at Rehoboth Beach Yoga, and in January completed Foundations there. That's when she fell in love with Blade (Pawanmuktasana). In Foundations, Lisa drew a big heart next to the pose drawing on her teaching handout and labeled it, "This is my favorite." So she was well prepared for a Tadaa! interview about her favorite pose!

Blade is Lisa's favorite pose because it "just feels good." She continues, "Blade also improves the circulation to my brain and ends depression and negativity." Before falling in love with Blade in particular, she got to know and highly value the whole *Svaroopa*® yoga "family of poses." Lisa was coming out of severe depression with post-traumatic stress symptoms, including difficulty even taking

a shower. Her doctors told her to exercise. Instead she started meditating, and when she began to feel better she signed up for *Svaroopa*® yoga classes. Lisa says, "*Svaroopa*® yoga changed my life." Regarding her health now, she feels back to 100% health largely because of meditation and *Svaroopa*® yoga.



Working in a salon, she and many of her coworkers stand all day and, with their arms extended, have shoulder and neck pain. Their shoulders get very fatigued, tired and sore, especially from using hair dryers on clients. Lisa is delighted to say, "Now I have something to share with them: Blade will help them feel better."

Also for herself, Lisa appreciates that she can do Blade without being in a yoga studio; she can do it anyplace and anytime, and that "it is 'fairly easy' to teach to others."

Of course, after taking Foundations, Lisa knows that Blade is not reliable for releasing any part of the spine, and the good feeling, without a full spinal release, is temporary. Blade doesn't, by itself, produce real change.

"Still," Lisa laughs, "Blade fits into the American need for immediate gratification."

With nearly twenty years as a cosmetologist, Lisa now is the concierge at the salon where she is employed, which will soon open a Wellness Center. She is looking forward to teaching yoga there. *Svaroopa*® yoga had been so helpful for her that she wanted to help her friends and family, including her 14-year-old daughter, which is why she took Foundations. Now she is ready to contribute "this new way of feeling good" for others in her community, and enable them to benefit from her favorite pose, Blade as well as the broader spectrum of *Svaroopa*® yoga for healing, illumination and more.

Foundations of Svaroopa® Yoga

Upcoming Dates

June 25 - 29

Westford MA

June 26 - 30

Ocean Grove, VIC, Australia

July 15 - 19

Malvern PA

Aug 9 - 14

Stockbridge MA

Aug 12 - 16

South Melbourne, VIC, Australia

Oct 21 - 25

Malvern PA

Nov 11 - 15

Calgary AB, Canada

Nov 25 - 29

Brisbane QLD, Australia

Are You A SATYA Member?

SATYA Members in Current Standing get a **40% discount** off tuition when they retake a Foundations Course in PA!

To register or for more information, call 610.806.2119 or e-mail programs@svaroopayoga.org

Unleashing Ecstasy

By Ishvari (Terry) Gardner



Ishvari (Terry) Gardner

Learning to teach Half-Day Workshops last year changed my life on this path yet again. I am the director of Rehoboth Beach Yoga, which, for several years, hosted *Svaroopa*® Yoga Teacher Training (YTT) on the East Coast. I completed full certification as a teacher of *Svaroopa*® yoga more than a decade ago and have been teaching ever since.

Even with all of the wonderful YTT programs through the years, I have to say that ATT 201: Teaching Half-Day Workshops training was one of my favorites. I'm even considering taking it again, because it felt great in my body and opened me to such joy.

The upliftment I experienced began the very first day, when we began with a three-hour (half-day) workshop for us teachers-in-training. The marker pose was *Vidavalasana I* (Cat/Cow), taught by

Kusuma in a way I had never before encountered.

We bliss bunnies, so used to luxuriating on the floor in primary spinal openers, had to work!

I've never again looked at Cat/Cow pose in the same way. We were in the pose for a seemingly long time, going slowly. The pose was taught in more detail than I was used to. We used our abdominal muscles throughout. I'd never used them before to such an extent, never before used them over and over again, and I looked forward to teaching Cat/Cow in this new way. I knew my students would enjoy it, too.

With about the fifth repetition of Cat/Cow, some of my fellow students were groaning, but I was having fun. This was my first step in having my body open up in a new way. Later in the course I enjoyed getting up off the floor for the standing poses, especially the Warrior poses and *Ardha Chandrasana*. I was glad to leave the bliss bunny realm behind for a while.

The dramatic difference in my body was due, I feel, to being able to take my time in the poses and to relate abdominal activation to poses in which we use abs. Even though I had been teaching for years, in my body I felt a new, deep understanding of how to use abs differently. For example, I could feel the



difference between activating abs in *Navasana* (Bent Knee Leg Lifts) compared to using abs in *Yoga Sit-Ups* and vice versa.

I also began to experience vividly the emotional and mental benefits of abdominal activators. I could feel clarity of mind, feeling more powerful inside and outside. With the maximum time in poses in our workshop-length sessions, I could go deeper. My experience of opening and finding strength and stamina was more fine-tuned as well.

In *Pigeon Backbend* I felt a deep release in my spine. Though I now love the pose, I hadn't

liked it much before. But being able to use both sets of abs in it, I both felt the physical spinal release and understood the pose in a new way. That pose turned out to be even more powerful for me than Cat/Cow.

My right hip had been a problem for decades. In fact, from a car accident years before, the whole right side of my body had problems, including a crooked ankle that required two surgeries, sacroiliac joint misalignment, frozen shoulders, and numbness in my neck and right arm all the way through my hand. *Svaroopa*® yoga and teacher training throughout the years had improved those conditions greatly and even eliminated carpal tunnel syndrome. But in *Pigeon Backbend* in Half-Day Workshops training, I could feel my problematic right hip finally let go. It felt like the discomfort just rolled into release.

I also experienced a lot of deep release behind my heart. The repetition of challenging poses and staying in them for the maximum time throughout the training was so valuable. I attribute my deep heart opening to staying in the Cow stage of Cat/Cow, drooping down through chest and belly — for the 47th time! I really noticed the change on the right side of my vertebrae at the base of my right shoulder blade in *Ardha Chandrasana* (Half Moon Pose) later in the training.

Around the program's third night, my physical opening evolved into pure ecstasy. Before going to sleep in my hotel room, I had been reading a text on meditation. When I finished my reading, I could barely sleep because of the arising of boundless joy, the experience of the Self. I was in a profound state of bliss. I wanted to jump up and shout "Wow!" I was really happy. With the combination of deep experience in opening my body in poses for days, in the meditations and in reading the sacred texts, as Swamiji says, *Kundalini* was really happy. That's part of the reason I want to take this course again.



ATT 201

Half-Day Workshops

July 7 – 12 2015 • Malvern PA

Take your students deeper by expanding your teaching skills, while also enhancing your income potential. Experience lots of workshops yourself as you learn to teach three-hour workshops and make the experience meaningful for your students.

Prerequisites: YTT Level 2 Graduate, SATYA member in Current Standing.

Call 610.806.2119 or e-mail programs@svaroopayoga.org for more info.

The Miracle of Ujjayi

By Jayaa (Julia) Djaic



Jayaa (Julia) Djaic

Miracle stories from other *Svaroopaa*® yoga therapists humble and inspire me, so I was thrilled to embark on my training as a therapist. Since I completed ATT 262: Treating Pain, my clients are experiencing profound healing on many levels. Even students in my classes are having deeper experiences. Yet I have been most inspired by a young man I have treated only once. His mother is my student so she gives me regular feedback on his progress since that single yoga therapy session. In it, Ujjayi was the key that opened the door to his healing.

Six years ago Vic, then 19, was in a very serious car accident. It left him with brain damage, issues with one eye, no use of his legs and confined to a wheelchair. Now Vic is no longer in a wheel chair. He still experiences severe effects from his injuries, including anxiety around the pain as well as other mental and emotional problems. For example, he becomes extremely anxious when things are not done on time. His mum told me he ruminates on problems endlessly, and he cannot be physically still. He doesn't want to complete his physical therapy exercises; he always wants to move to the next thing.

When Vic's mother asked me to help with his anxiety, I was eager to do so, but I wasn't sure what to expect. When I met him, I became aware of his difficulty in moving; there is no way he can get onto the floor. For physical therapy, he has a special padded platform about the size of a double bed. His environment overall is very clinical and air conditioned with cold wooden floors.

Fortunately, I had brought my fluffy *Svaroopaa*® yoga blankets, and they contributed to a more settling, comforting environment. From the recording on my phone, I played the Guru Gita in the background, which also softened Vic's usual environment.

I propped Vic on his platform in Shavasana and gave him a shoulder slip, a hip slip, and a head raise. He looked like a frightened rabbit, and my next step was to cover him up and let him settle in. Then after demonstrating the Ujjayi breath, I coached Vic in doing it himself. Even with coaching, finding the sound of the breath was a little hard for him. I remembered someone once said to me it sounds like Darth Vader breathing, so I spoke with Vic about the movie Star Wars and the sound of Darth Vader's voice. Vic was thrilled! He gave me the big high five, and said, "You're so cool." Knowing that sound from the movie, in that moment he "got it" and made the best Ujjayi sound of his own.

I continued to lead him through a period of Ujjayi breathing, coaching him throughout. I could sense Vic settling deeper and deeper. Even though Vic's mother told me that he checks his watch constantly, he lay still during the whole hour of his session.

During that time I was so aware of my own bhav, my own inner stillness, my own presence and the effect it was having on Vic. He stayed settled until I coached him out. Then he looked at me and said, "I never knew breathing could be so peaceful, so relaxing." His statement was quite clear, even though his mother had told me his speech is very difficult to understand.

Then he clapped and talked with his mother about doing more. Vic's mother said he had never been so still. Typically, Vic can only be quiet for 10

minutes, and then complains that he wants to go, or he asks when a treatment will be finished. But Ujjayi breathing gave him access to deep peace and some control over his inner state. This is a great change, as Vic has relied on everyone else to do everything for him since his accident.

At Vic's request, a friend downloaded the Guru Gita on to his phone, and he listens to it every day. I also left him with Swami's Experience Shavasana CD for his daily practice. That has given him something else he can do for himself, every day.

While I haven't been back to see Vic, every week his mother reports he feels less anxious and he practices daily. She has asked whether I can give him an *Embodiment*® session in a few weeks.

I am forever grateful for all the *Svaroopaa*® yoga and therapy training I have been fortunate to receive. I am always amazed that this gift I've received from my ultimate teacher, Swami Nirmalananda, multiplies into a gift that keeps giving to others as well as myself over and over.

Experience Shavasana CD

Experience *Shavasana*
with Swami Nirmalananda Saraswati



Discover more about yourself in your inner explorations into the vastness of your own beingness, under Swamiji's loving guidance.

Discover more in these inner explorations into the vastness of your own beingness, under Swamiji's loving guidance. The sound of her voice will guide you into a deeper experience, called "The Shavasana Experience."

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The Abiding Grace of Ganeshpuri

By Karuna (Carolyn) Beaver



Karuna (Carolyn) Beaver

Agnes Hetherington, of Ottawa Canada, and seasoned India traveler Sheynapurna (Sandy) Peace, of Rancho Bernardo CA, have had different kinds of experiences since returning home from the Ashram's February 2015 India retreat. Yet they share an experience of deepened spiritual paths.

Both yoginis have noticed significant shifts and changes. Sheynapurna co-organized a Shaktipat weekend in San Diego with Swamiji about a month after returning from India. "I was such a space cadet afterwards. I asked my husband (who also attended), was I like this before the weekend? He said, 'No, don't worry. You were like this after you came home from India, too.'"

She continued, "I had attributed my post-India spaciness to jet lag. In hindsight, in both cases, I see that I was trying to integrate my experience. I was taking a whole different outlook, from the other side of world and in another culture, and integrating it, interweaving it into my day-to-day life."

One such realization came at a recent concert. The performer was irritated with the sound system and let it show. Sheynapurna became uncomfortable too. "The churning of emotions was really powerful. All of a sudden, I had this clarity, like a key clicked in a lock. I thought, 'I can like his music and enjoy the concert, but I don't have to like his personality.' Even though this was a minor thing, I could put it through my whole body and synthesize it without any outward effort."

Sheynapurna's synthesizing continues "in so many different situations, even frustrating ones." She says, "I have let people that I hardly know understand me in a very clear way. I can put what I am experiencing out into the world clearly, not angrily. When I get into a heated discussion, I can say, 'This is my opinion, it might not be correct, but this is what's happening with me right now.' This is integration."

Agnes has found changes in her level of clarity as well. "After two weeks in Ganeshpuri and then a week in southern India in Kerala, with all vegetarian food and no coffee or alcohol, I've come home and kept it going. I had been thinking about ways I could live in a more yogic way. I'm now learning how to feed myself better."

Being more in tune with her home life, she says, "My routines are more established, I'm changing my views about what and who I want in my house, asking whether the energy feels right." Feeling "heightened sensitivity," Agnes says, "Clarifying is a word that keeps coming up. I have more clarity on conditions that move me along my chosen path of knowing the Self."

Those conditions include setting up a puja and chanting the Guru Gita. "When I came home, I looked at my meditation journal from India and thought, 'I need to do more devotion.' At the end of the Ganeshpuri retreat, there were suggestions about keeping your experience alive. When

someone said, you can have a puja, I thought, 'Oh yeah, sure whatever...' But it was the first thing I wanted to do when I got home!"

Part of her desire for devotion came from feelings about her husband, who passed away about 18 months ago. "My dear late husband was so close to me in India," she said. "Six months after he passed away, I heard about the trip. He had never wanted me to travel to India, but I found he was so much with me when I was there. Things that made me laugh reminded me of him, and he was there with me, and he was delighted. I wanted to make a puja of gratitude for the wonderful life we had together."

Now, she also wants "to chant the Guru Gita more, have more consistent spiritual practices, and have more commitment." Agnes also wants to return to Ganeshpuri. "I've been thinking that I must go back. In retrospect, I was so overwhelmed by so many sensory experiences." Recently, a wedding scene in a popular movie set in India took her right back. "Images reminded me of the fire ceremony: the colors, the flowers, the garlands, the symbolic pictures made of rice. I could hear the Brahmin priests chanting in the background, and it made me cry. It reached right into my heart, reminding me of the spirituality of my Ganeshpuri experience.

"I want to be there again when I'm really in it. Because it was my first time there, I don't think I was fully immersed in all the spiritual possibilities of the retreat. I was distracted by sensory overload." Agnes added, "It's not to say it wasn't a spiritual experience, because it definitely was. It was enough of a taste that I know I want more."

Sheynapurna says, "When I returned home in 2013, I told family and friends 'I'm done with India,' or 'I'm not going back.' But a couple weeks later, someone posted a picture on Facebook, and

I was right back there." Now when Sheynapurna ponders, "Will I go to India again?" she answers, "Probably. There is so much to see, so much to integrate. Now the experience of India doesn't leave me when I return."

Both Agnes and Sheynapurna have been fortunate to reconnect with Swami Nirmalananda in person in the last few months, which has deepened their experience of their time with her in Ganeshpuri.

"I've just returned from *Embodiment*® Yoga Therapy training, where I was eager to see Swamiji again," Agnes said. "Imagine my delight when we were invited for dinner at the Ashram, and then to satsang and darshan with her." She added, "Knowing some of the Ashram practices at the training were ones I had done in India gave me the urge to try them again. I was the first to sign up to do arati to Nityananda and place flowers on the puja. I made a wonderful connection with Nityananda while I was in Ganeshpuri, and it was lovely to see him again."

With Swami at the San Diego Shaktipat weekend, Sheynapurna felt that "everything Swamiji said was so clear. I was so ready to take it in, and it was a layering of knowledge and experience of my own Self that I'd already had. Being in India is that kind of experience, sitting with my own Self at the foot of ancient teachings, with Swami, who helps open up the door and helps me experience my own experience."

She continued, "I've become more aware of all of the different belief systems I've put in place over my lifetime and how they're all just mental constructs, and none is any more or less real than others. That's what Ganeshpuri and Shaktipat put in focus for me." Both have helped her understand her connection to Swami Nirmalananda's lineage. "When I look at Nityananda and see a communication coming to me, I see that it's a real experience rather than a flight of my own imagination. At my first shaktipat, I wasn't sure I really got it. This time, I could feel Swamiji giving me this incredible gift that filled me and filled me and filled me."

Agnes believes her recent visit to Swamiji and the Ashram has helped her understand her connection to the lineage as well. "It feels like I'm a part of that family now. I have a feeling of belonging. Going to the Ashram, seeing the different pujas, photos and murtis, I felt I was coming back to something beautiful. I hadn't felt that before. It means so much more now that I've been to India. "Each little step gets me closer to her," Agnes added. "I'm glad to be riding on the wave of my relationship with Swamiji."

The Next Step in 2015

By Amala Lynn Cattafi Heinlein, SVA Board President



Amala Lynn Cattafi Heinlein

At our annual Board of Directors retreat, we looked at the many possibilities for expanding Svaroopaa® yoga's footprint. After an amazing discussion, Grace opened up some insight into the greater yoga community in the West.

In spite of yoga's popularity, and even with so many people having such committed practices, most of them are lacking the deeper teachings that we take for granted! We Svaroopis are so fortunate that our practice includes all aspects of yoga, not only asana, but most importantly — the inner revelation of Self. Most yoga can give students pretty bodies, but they continue to have a longing for something more. We already have the "more" and all the tools bring the experience and understanding of the Self to those who yearn for it.

We are beginning now to focus on making the teachings and practices available to other yogis without trying to pry them away from their sticky mats (well, not right away anyway!). Their hunger is one that Svaroopaa® yoga & meditation can truly satisfy.

These next steps have us reaching out to expand the recognition and practice of Svaroopaa® yoga, thus increasing the footprint of Grace in the Western yoga world. Your donations to our Next Steps fundraiser will help us fund these outreach activities, especially when you donate in our Free Programs and Next Generation categories.

Those of you who can offer a monthly pledge, or increase your current monthly pledge, may choose between Swamiji's two wonderful gifts: the ash from our India fire ceremony last February or her recording of japa (mantra repetition). Either will significantly deepen your practice as well as your inner revelation of your own Divinity.

Thank you for your support, which first and foremost takes the form of your own practice and study of the Svaroopaa® sciences. Plus your donation makes a big difference, as a one-time gift or ongoing pledge, in any amount that works for your wallet as well as your heart. Every gift counts! [Click here](#) to make your offering.

Om svaroopaa svasvabhava namo namah

In spite of yoga's popularity, and even with so many people having such committed practices, most of them are lacking the deeper teachings that we take for granted! We Svaroopis are so fortunate that our practice includes all aspects of yoga, not only asana, but most importantly — the inner revelation of Self.



thenextsteps

Your Ashram needs your support in these next steps of growth, expanding into greater service to you and the world. Your donation is of great importance at this time. [Click here](#) to offer a one-time donation or a monthly pledge.

Donor Gifts — choose from Swamiji's audio of mantra repetition or a container of sacred ash from our February Ganeshpuri yajña when you begin or increase your monthly donation. Thank you for your loving generosity.

Heart-to-Heart

Reported by Matrika (Marlene) Gast

Tina Graham, who teaches *Svaroopa*® yoga in the Twin Cities, has completed YTT Level 1 and plans to go to YTT Level 2 the next time it's offered. But even teaching at the very first level, Tina says, "I love this yoga. It's really amazing. I am astounded at how you can just lead students in Ujjayi Pranayama and a few poses to enable people to change for the better."

Tina is not exactly a brand new teacher, since she took Foundations nearly a decade ago and has taught and subbed for others in the GeoCenter since then. Tina says that the great number of studios in the Twin Cities has made it possible to substitute teach a great deal. However, when she became pregnant with her daughter, now eight years old, Tina took a complete break from teaching.

She says, "I always wanted to go on and do more Teacher Training (YTT), but my daughter was too young. I was able to take Foundations in Minneapolis two more times, and then after my third Foundations my daughter was old enough for me to enroll in YTT. With Level 1, everything finally fell together." Yet Tina did not really expect to teach.

"I went more for own personal growth and for deepening my own access to Self," says Tina. Just taking YTT for personal goals is not an option, however. DTS, the at-home mentoring program of YTT, requires that the teacher-in-training teach his or her own regular classes.

"When I first taught," recalls Tina, I was both eager and afraid. Certainly I was not totally confident. I went so slowly I did only one spinal pass in 90 minutes. On my lesson plan, I had written down everything I wanted to say about every pose, to make sure I said it. Afterward, the studio owner told me, 'That was a great, deep class. Fortunately, the students in that class were all deeper students, so relapse probably won't be a problem.' It's embarrassing to remember that misstep. I wanted to do it right. I didn't want to miss anything. Fortunately, the students kept coming back to the studio and that class. I look back on that first class as a kind of gift. It was just meant to be; it was a learning experience for me. And fortunately, because they were advanced students already, it was beneficial for them.

"Even now, though I have learned to relax more, I'm still a perfectionist. I really dive in to prepare for the poses in my class lesson plan. I study the handouts. There's so much information! Now, having completed DTS, I am more confident, but I still make sure I am really prepared. Then I love teaching the class. Afterwards, I feel better, just as my students feel better. There's a positive change immediately (and for me even as I teach).

"When I teach, the importance of my own practice is so clear. Keeping up with my own practice affects how I am with my students and with other people; it affects how I am as a parent. Practicing and teaching *Svaroopa*® yoga has changed me. I am a different person than before this yoga."

"Now as I teach my YTT Level 1 DTS-approved plans, I like being able to share with students something that is amazingly powerful for them. And I understand the poses in a deeper way that enhances my own personal practice.

"At the end of the class, I receive a sense of blessing coming to me. It is an energetic feeling; it's such a profound experience. I feel the actual experience of being blessed from my crown down. Then a sense of gratitude arises from my heart, moving up again within me. In silence, I send the blessing and the gratitude to the students. That's one piece that compels me to teach. It's an extra added gift that's bestowed on me as part of the process of teaching.

"The students, of course, make the teaching so worthwhile. I love hearing about their journeys and being a part of them. It even happens that a student comes to class for the first time and opens up to me about what's going on in their life. We are heart to heart, sharing real communication and connection. This GeoCenter community comprises beautiful teachers as well as students. Being able to share with each other in a way that is deeper than the usual social context is a blessing.

"Isn't that yoga? Union? That is where we're headed, back to that union of all being the One Self, and knowing it. It feels like the lineage, the unseen world, connecting with me and connecting all of us in a deeper, richer way."

CELEBRATION DAL Makes 14 servings

I'm often asked what Dal I create for the Ashram Program meals.

This particular recipe is one of the Community's favorites.

2 tablespoons Ghee
 1/2 red onion fine dice
 2 cloves garlic minced
 1 teaspoon ground Turmeric
 1/2 teaspoon ground Coriander
 1/2 teaspoon ground Cardamom
 1/4 teaspoon ground Ginger
 1/2 teaspoon ground Cumin
 3 cups split Mung Dal beans, rinsed
 4 cups veggie stock
 2 large Plum tomatoes, chopped
 1 teaspoon Cumin seeds
 1 teaspoon White mustard seeds
 1/2 teaspoon Coriander seeds
 1 teaspoon Dark mustard seeds
 1/2 teaspoon Cardamom seeds
 1 teaspoon Ghee

Instructions:

1. Heat Ghee in stock pot and sweat the onion/garlic on low heat for a couple minutes;
2. Add dry seasoning to bring out perfume, 30 seconds;
3. Add mung beans to coat with above;
4. Add enough stock to cover beans, stir and continue to add stock as is absorbed over medium heat;
5. After beans cook for 10 minutes, add chopped tomatoes;
6. Continue to add stock and stir as needed, usually cooks for 40 minutes to soften beans;
7. In small skillet, heat ghee and add seeds to release perfume and start to pop, add to bean pot, stir;
8. Taste and season with coarse salt and fresh ground pepper to taste.
9. Cook on low for additional 5 minutes to marry flavors, serve very warm.

We tend to serve this with basmati rice that could be scented with herbs if desired.

Enjoy!

योगा पुस्तक

By Chef Anthony



The Guru's Invitation

By Priya Kenney



Priya Kenney

She didn't want to go at first. "I was very resistant because of the money," says Deepaa. "But I had a strong inner pull that I needed to be there. I listened to that inner pull and was so glad I did."

Deepaa went with an open mind, not expecting anything and open to whatever was going to happen. She had some amazing experiences and through all of it, felt Swamiji's deep love and compassion. "Swamiji's whole entire being is about serving us, helping us to become free," says Deepaa.

When Deepaa first studied with Swamiji, it was common for Rama to "kick my butt." It's not that she won't still do that, but "now it's more like an invitation," explains Deepaa. "Now she's there waiting and ready whenever I'm ready." The invitation is given with a knowing that each of us will do what is needed, in our own right time.

This invitation was to receive intentional shaktipat for the first time. Deepaa has been practicing since 1994 and completed her teacher training in 1999. She has been through many trainings since then but had never been to a Shaktipat Retreat. Deepaa shares her experience:

The first time she touched me with the peacock feathers, even though she told us about it, I was startled. It was like she bopped me on the head and I immediately thought, 'oh yeah, be open, just receive.'

Then she put her thumb on my third eye and her fingers on the top of the skull. I'm not usually a visual person — usually I get an impression or feel things — but it felt like her fingers turned into the fangs of a rainbow, iridescent cobra piercing my skull, but it didn't hurt me. It drew me up straight and tall and it felt like a column of brilliant white light passed through me, up to the top. I had many images of Shakti passing before me at high speed. My mind tried to attach to what was happening but I went back to mantra.

My neck, shoulder and upper torso felt like they were held in a barred cage, like a corset that was supporting and not binding. Then the bars disappeared and a night sky with stars appeared. I merged into it. Then mind kicked in but I didn't want to go there and went back to mantra.

I felt tightness, engagement and compression in my heart. Kundalini moved things around. At the end of the first shaktipat, I felt like I softened up like a garden patch that had been till was ready for seeds to be planted.

The second shaktipat was sweeter and softer, and I was present. I saw more images. I had felt this in India when one of the temples — a golden being of energy in front and me, as if I was inside the being. And then it went right into my eye and after that the color changed to indigo and blue, like a mosaic, ultimately turning into white, iridescent with golden lights shining through.

Then my mind kicked in and I wanted to ask all kinds of questions. One of the chants we had sung earlier, Jyota se Jyota, wa:

the back of my mind. I got to see three parts of mind going at once: the images, the chant and feeling how my body was reacting.

Ever since I was a little girl, I'd feel that my right shoulder would shift up and forward. My dad would say, "you have a chip on your shoulder; let me brush it off." During the shaktipat, I could actually feel my shoulder rising. As soon as my mind was engaged in mantra, the chip disappeared and the shoulder went down.

I still got caught up in my mind and was still established in the light, no matter what was going on. I kept bringing my mind back to that, to stambha (being fully grounded) and that never went away. I got more firmly established in that which is greater than me.

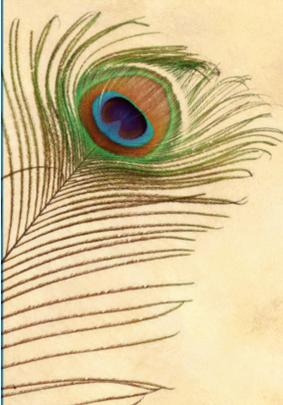
During the third shaktipat, there was a lot of heat and awareness on many subtle levels. It's hard to explain because the subtleties were so vast. I could see across the universe and there was a counter tension in my body. It felt like a signal between two points in my body with some counter tension spanning the universe that was in my body. The mind of course was doing lots of analysis and wondering 'what does this represent?'

I kept surrendering, no matter what the mind was doing, and let go of trying to control the mind. I just reminded the mind that its job was to repeat mantra. More images would appear and dissolve into nothingness. I got to dive deep and experience the deep, quiet knowing, ever present consciousness, that which is indescribable and still so pervasive on the cellular level.

Deepaa expressed deep gratitude for Swamiji's loving and compassionate presence and her generosity in making these Shaktipat Retreats available, for leading the Ashram, and for offering so many teachings free for us on-line. She was grateful to Vidyadevi for the Half Day Workshop before the weekend and to Sheynapurna Peace and Kelly Sullivan for the fantastic job they did hosting everyone.

"The Shaktipat Intensive was a huge gift," says Deepaa. "If you are really looking for a deep inner connection, then do the Shaktipat Intensive because she helps you get firmer in that. She loves to serve and help people move through the BS."

Deepaa emphasizes how grateful she is for Swamiji's love. "It's always good to listen to Swamiji. Somehow her words pierce whatever veil is happening in my mind. In the moment that I'm with her, it's like the parting of the clouds. It's good to be in her presence."



**Shaktipat
Retreat Dates**

Sept 18 - 20 in Malvern PA

Oct 23 - 25 in Boston MA

On the Way to Ultimate Freedom

By Janaki Murray



Janaki (Janet) Murray

A recent contemplation article “[Yoga Promises Freedom](#)” clearly describes freedom or moksha as enlightenment — Self Realisation. This ultimate freedom is something I aspire to myself, and the path of *Svaroopaa*® yoga is certainly the rocket ship that can take me there, the fuel for that rocket ship being my own yearning. I have been practicing *Svaroopaa*® yoga for 14 years. I am not enlightened, not yet. I still have much work to do, but I do experience many smaller “freedoms” on the way. Perhaps you will relate to them as well.

Firstly, I have experienced the freedom from the compulsion to be doing, doing, doing all the time. When I stopped paid employment years ago to have babies and raise children, I changed the measure of my success in the world from climbing the corporate ladder to how much I could fit into my day. Each day my husband came home from work and asked me how my day had been and what I did. After I had told him, he would say, “I don’t know how you fit it all in!” I was a great success according to my own measure, and I enjoyed multi-tasking and challenging myself to do more and more. It was, of course, an exhausting way to live and the pleasure of feeling successful was never lasting. Basically, I had to repeat the exercise day after day after day to stay happy. Ultimately it was not satisfying.

Over the years *Svaroopaa*® yoga has freed me from that “doing” compulsion. *Svaroopaa*® yoga has also removed my desire for multi-tasking. Am I still very busy? Yes, I am, but my choice to do things no longer comes from my unconscious issues and my need to feel successful. My choices are no longer made to give me joy; instead, they come from joy, the joy that wells up from within. That gives me a feeling of great freedom.

In their contemplation article, Swamiji and Vidyadevi say, “The yearning makes you do, and do and do.” From my observation Swamiji and Vidyadevi are two of the hardest workers I have ever seen. They are “doing” all the time. However, their doing is not a displacement activity for the yearning. Their “doing” — their

work — is a choice. A choice that comes from a place of joy within. That place of joy within is a place of boundless freedom. Their choice to work so hard for the benefit of all of us is an expression of that boundless freedom.

Another smaller freedom I experience is freedom from desire. I certainly don’t experience freedom from all desires; that would be a wonderful freedom! However, my desires are much diminished over the years that I have been on this path, and the hold they have over me is loosened dramatically. The sensory pleasures (kama) have so much less pull for me now. Desires used to motivate so many of my actions, but I know now that the fulfilment they bring is transient and that they will not make me feel complete.

Like so many of us in the Western world, I am fortunate to have the means to fulfil many desires should I choose to. I could travel on overseas vacations, go to concerts and movies, eat out, go shopping and so on. But I have very little desire to do such things. If you asked me whether I would like a holiday in Hawaii, I would probably say, “Yes, I would love to, when shall we go?” After all, I did teach Foundations there a few years ago, and it is a beautiful place! However, it would not matter to me if I didn’t go. I know it would be a pleasurable thing to do, but I also know it is just a passing fancy that will dissolve and my happiness is not dependent on the trip becoming a reality.

Disappointment is seldom in my vocabulary these days. I find that the more my happiness arises from deep within me, welling up and pouring into my life, the less is my need for external triggers to generate the “happy feeling.” Now it is naturally there so much of the time, and, when it is not there, the yearning for it is stronger and that spurs me on to “do more yoga.”

These and others of the smaller “freedoms” that I experience are great benefits to me, and probably to those around me too. They are also reminders of how much I have changed over time. I now feel I can look forward to the permanent state of what Swamiji calls “independent bliss.” These smaller freedoms certainly point the way, like markers on the path, to the fourth goal of life: moksha (freedom or liberation) the ultimate promise of yoga.



**Svaroopaa®
Yoga Conference**



Full Spectrum Yoga
Crowne Plaza
Mission Valley Hotel
San Diego CA
December 4 – 6 2015

Celebrate with us the breadth and depth of the *Svaroopaa*® sciences. Deepen your yoga experience. Find within yourself what you really seek, while benefitting from the company of other deeply practicing yogis.

Treat yourself to a weekend luxury; enjoy the retreat setting with your workshops, your bed and your meals all in one location, as well as new friends and long-time yoga buddies.

To register or for more information, [click here](#) or call our Enrollment Advisors at 610.806.2119.

Upcoming Programs

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

May 2015		
21	Shree Guru Gita	DYMC
21	Shishya Guru Gita	Phone
24	Swami Sunday: Free Meditation Program	DYMC
26	Satsang: Free Meditation Program	DYMC
28	Shishya Guru Gita	Phone
29	Half-Day Workshop: Taking It Into Its Fullness	The Desmond
29 - Jun 7	YTT Level 4	The Desmond
June 2015		
1	SATYA Marketing Call: Chat Up Your Target Market	Phone
2	Free Intro to Yoga Therapy	DYMC
4	Free Yoga Pain Clinic	DYMC
6 - 20	Meditation 101	DYMC
7	Swami Sunday: Free Meditation Program	DYMC
8 - Jul 27	My Mind Is Driving Me Crazy	Phone Course
9	Shishya Phone Satsang With Swamiji	Phone
11	Free Intro to Yoga Teacher Training	DYMC
13	The Delight of an Open Spine and Quiet Mind	Danielson, CT
14	Swami Sunday: Free Meditation Program	DYMC
16	Half-Day Workshop: Feel Stronger - Look Younger	The Desmond
16 - 19	EYTS Foundations Review	The Desmond
19	Half-Day Workshop: Enliven Your Practice	The Desmond
19 - 28	YTT Level 1	The Desmond
20 - 21	Clarity, Decision and Action	Henniker, NH
21	Swami Sunday: Free Meditation Program	DYMC
25 - 29	Foundations of Svaroopa® Yoga	Westford, MA
26 - 30	Foundations of Svaroopa® Yoga	Ocean Grove, VIC, Australia
28	Swami Sunday: Free Meditation Program	DYMC
July 2015		
7	Half-Day Workshop: Develop Your Inner Warrior	The Desmond
	Steady, Strong, and Clear	The Desmond
7 - 12	ATT 201 Leading Half-Day Workshops	The Desmond
12	Half-Day Workshop: Vitality and Stamina	DYMC
15	Half-Day Workshop: Easy and Powerful	The Desmond
15 - 19	Foundations of Svaroopa® Yoga	The Desmond
17	SATYA Marketing Call: How to Effectively Use Brochures, Flyers, and Coupons	Phone
19 - 22	EYTS Foundations Review	The Desmond
28	Half-Day Workshop: Deeper and Deeper Within	The Desmond
28 - Aug 2	MTT Retreat & Continuing Ed	The Desmond

The Year at a glance

Currently planned events and trainings for 2016.

JULY 2015		
7	Half-Day Workshop: Develop Your Inner Warrior Steady, Strong, and Clear	The Desmond
7 – 12	ATT 201 Leading Half-Day Workshops	The Desmond
12	Half-Day Workshop: Vitality and Stamina	DYMC
15	Half-Day Workshop: Easy and Powerful	The Desmond
15 – 19	Foundations of Svaroopa® Yoga	The Desmond
17	SATYA Marketing Call: How to Effectively Use Brochures, Flyers, and Coupons	Phone
23 – 26	YTT Modules #1A Daily Practice	The Desmond
28	Half-Day Workshop: Deeper and Deeper Within	The Desmond
28 – Aug 2	MTT Retreat & Continuing Ed	The Desmond
AUGUST 2015		
3 – 7	Foundations of Svaroopa® Yoga	The Desmond
5	Half-Day Workshop: Be Here Now!	The Desmond
5 – 9	EYTS - Embodiment® in Poses	The Desmond
9 – 14	Foundations of Svaroopa® Yoga	Stockbridge, MA
12 – 16	Foundations of Svaroopa® Yoga	South Melbourne, Australia
15 – 16	Svaroopa® Yoga for Your Neck & Shoulders	St. Paul, MN
20	Half-Day Workshop: Beyond Your Limits	The Desmond
20 – 23	DIY Strength & Flexibility	The Desmond
25	SATYA Marketing Call: Communicating Via Email	Phone
28	Half-Day Workshop with Rukmini	The Desmond
SEPTEMBER 2015		
2 – Nov 18	Leading a Discussion Group	Phone Course
10	Free Intro to Yoga Training	DYMC
11	Half-Day Workshop: Improving Your Neck & Shoulders	The Desmond
11 – 20	YTT Level 3	The Desmond
18	Half-Day Workshop: Bliss-Full You	DYMC
18 – 20	Shaktipat Retreat	The Desmond

23 – Oct 21	Who Will I Be?	Phone
24 – 27	ATT 202: Teaching in Yoga Conferences	The Desmond
27	Muktananda's Punyatithi Celebration	DYMC
28	Half-Day Workshop: Finding Ease in Your Neck and Shoulders	The Desmond
28 – Oct 5	ATT 463: Yoga Therapy – Neck & Shoulders	The Desmond
OCTOBER 2015		
9	SATYA Marketing Call: Conversing About Surveys	Phone
10	Happy Body – Peaceful Mind	Milton, DE
10	Half-Day Workshop: The Owner's Manual for Your Body	The Desmond
10 – 15	Embodiment® Yoga Therapy Training	The Desmond
16	Half-Day Workshop: Where is my Tailbone?	The Desmond
16 – 18	Radical Anatomy	The Desmond
19	Free Intro to Yoga Teacher Training	DYMC
21 – 25	Foundations of Svaroopa® Yoga	The Desmond
23 – 25	Shaktipat Retreat	Boston, MA
23 – 25	Weekend Workshop	Brisbane, Au
25 – Nov 1	ATT 262: Yoga Therapy – Treating Pain	Queensland, Australia
NOVEMBER 2015		
1	Half-Day Workshop: You Are Bliss	The Desmond
1 – 5	Retreat – Bliss is Your Birthright	The Desmond
6 – 8	Radical Anatomy	The Desmond
8 – 15	ATT403: Lower Spinal Release	The Desmond
11 – 15	Foundations of Svaroopa® Yoga	Calgary AB, Canada
17	SATYA Marketing Call: How To Market a Special Event	Phone
25 – 29	Foundations of Svaroopa® Yoga	Brisbane, Australia
DECEMBER 2015		
4	Half-Day Workshop: Itty Bitty Details	San Diego CA
4	Regional Conference: Full Spectrum Yoga	San Diego CA

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1/2 page (3.625 x 9.875 –or– 7.625 x 4.825 in.)	\$170	\$160	\$80
Full page (7.625 x 9.825 in.)	\$310	\$300	\$100

2016 Program Calendar

Svaroopa® Yoga & Svaroopa® Vidya professional trainings plus retreats with Swami Nirmalananda

JANUARY 2016		
2-5	Leading Teacher Training	The Desmond
8-17	YTT Level 2	The Desmond
22-25	Foundations Review	The Desmond
25-Feb 5	Meditation Teacher Training	The Desmond
27-31	Foundations of Svaroopa® Yoga	The Desmond
FEBRUARY 2016		
6-8	Leading Short Meditations	The Desmond
9-15	Meditation Group Leader Training	The Desmond
24-28	EYTS: Intro to Teaching Gentle Yogis	The Desmond
MARCH 2016		
4-6	Shaktipat Retreat with Swami Nirmalananda	The Desmond
8-11	Foundations Review	The Desmond
11-20	YTT Level 1	The Desmond
21	Year-Long Programme with Swami Nirmalananda begins (theme TBA)	Multi-media course
21-25	Foundations of Svaroopa® Yoga	The Desmond
25-30	Enrich & Advance - YTT Level 2	The Desmond
APRIL 2016		
1-3	Radical Anatomy for Yogis	The Desmond
5-10	Embodiment® Yoga Therapy Training	The Desmond
22-May 1	YTT Level 4	The Desmond
MAY 2016		
5-8	DIY 1: Deepen It Yourself (3-month mentored practice program)	
9-12	DTS Mentor Training	The Desmond
13-15	Shaktipat Retreat	TBD
13-17	Foundations of Svaroopa® Yoga	The Desmond
20-24	Australian tour: free programs	Australia
25-29	5-day Retreat with Swami Nirmalananda	Australia
18-25	ATT 221: Twists	The Desmond
JUNE 2016		
2-5	YTT Module #1-A	The Desmond
9-12	DIY 2: Deepen It Yourself	The Desmond
14-21	ATT 402: Deeper Practice	The Desmond
24-26	Radical Anatomy for Yogis	The Desmond

JULY 2016		
7-10	DIY 3: Deepen It Yourself	The Desmond
13-17	Foundations of Svaroopa® Yoga	The Desmond
15-17	Shaktipat Retreat	TBD
19-22	Foundations Review	The Desmond
22-31	YTT Level 1	The Desmond
AUGUST 2016		
5-14	YTT Level 3	The Desmond
17-21	5-day Retreat with Swami Nirmalananda	The Desmond
24-28	YTT Module 1-B	The Desmond
29-Sept 2	Foundations of Svaroopa® Yoga	The Desmond
SEPTEMBER 2016		
9-18	YTT Level 2	The Desmond
21-28	ATT 522: Beginner's Bliss	The Desmond
30-Oct 2	Shaktipat Retreat	The Desmond
OCTOBER 2016		
2-6	Vichara Therapist Training	The Desmond
7-9	Radical Anatomy for Yogis	The Desmond
15-20	Embodiment® Yoga Therapy Training	The Desmond
21-23	Year-Long Programme Retreat	The Desmond
27-30	YTT Module #1-C	The Desmond
NOVEMBER 2016		
2-6	Foundations of Svaroopa® Yoga	The Desmond
8-15	ATT 415: Leading Weekend Workshops	The Desmond
19-22	Half Day Workshops	Australia
23-25	Foundations Review	Australia
25-Dec 4	YTT Level 4	Australia
DECEMBER 2016		
8-11	EYTS: Deceptive Flexibility	Australia
JANUARY 2017		
6-15	YTT Level 4	The Desmond
20-29	YTT Level 2	The Desmond