

SIVANANDA YOGA

Vedanta Centre Singapore

SEPTEMBER 2011 NEWSLETTER



Yoga Centre Close on:
19 to 24 Sept 2011

Weekend Beginner
Course Starts on
4 Sept Sunday 11.30am

Intermediated Course
Starts on 26 Sept 8.00pm
4 meetings only

Weekdays Beginner
Course Starts on
10 Oct Mon&Fri 8.00pm

✧ Swami Sivananda's Birthday on 8 Sept ✧

A GOD-REALIZED SOUL

On the birthday of the Master, we would worship and wash his feet and garland him, but when it was over, Master would go back to his cottage and beat himself with a shoe. He would say, "You see, they offer flowers and you like it, they bathe your feet, you like it, you like garlands, but what about the shoe, will you take what it offers also? You like flowers but why not the shoe? The flower is nothing but the dirt, where did it come from? The flower came from the dirt and go back to it, and the same cycle goes on endlessly."

The difference between a God-realized soul and an ordinary person is that we want to see things to suit our nature and temperament. The God-realized soul sees the same essence in all creation. After you take off the garland, it will soon wither and become dirt. That is the power of the mind of a God-realized soul. It is so great. That is the mind of Swami Sivananda. To him, the difference between the flower and the shoe is nothing, between censure and praise - nothing.

Upadesa
Swami Vishnudevananda

There is no end of craving. Hence contentment alone is the best way to happiness. Therefore, acquire contentment.

-Swami Sivananda-

What is Body-Consciousness?

The physical position maintained in the form of the Asana is coupled with the activity of the senses. We must know a little bit of what we are inside, apart from the mere fact that we appear to be bodies. We are bodies as we appear to be on the surface, but the body itself is very complicated structure. It is made up to little bits of many things, like a building which has layers of bricks placed one over the other, and many other things besides, like plastering and girders. Likewise, the body is not one whole, indivisible being. It is a complex structure of bits of matter and forces which pump in energy to move it in a particular direction for a specified purpose. The sense organs, such as the eyes and the ears, are inseparable from the body. We see with the eyes, we hear with the ears, we smell with the nose and so on. In fact, the body seems to be a kind of vehicle employed or utilized by the senses for their activities. The senses cannot work except through the body. Now, the whole of what we call the body may be said to be a bundle of sensations. What is the body but sensations? The idea of the body, the notion that one is the body, is nothing but a bundle of sensations grouped together into a heap in a concentrated form from which goes by the name of the body. The sensations of color, of sound, of smell, of taste and of touch, blending together in a concentrated focusing fashion, become body consciousness.

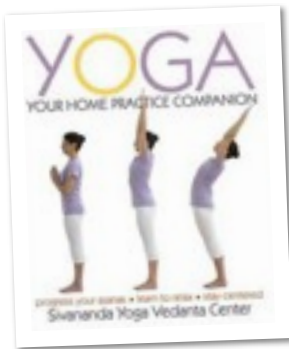
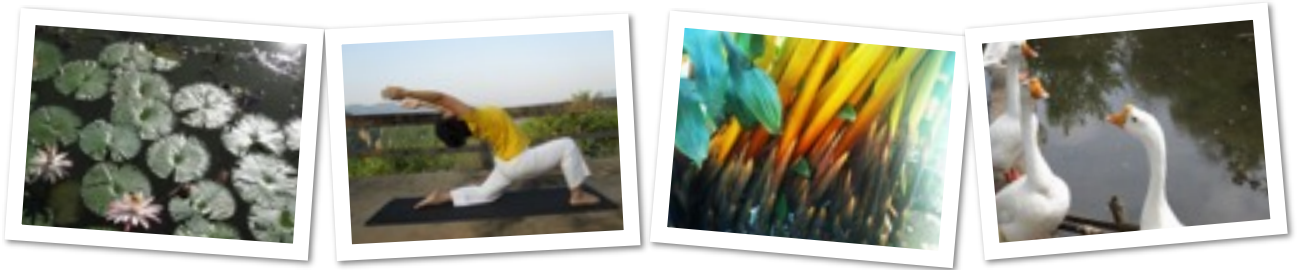
So, body consciousness is a very difficult thing again to understand. We sometimes may doubt whether we have a body at all except a heap of sensations. Minus these sensations, there cannot be a body. There are thinkers who believe that there is no solidity of the body, that it is only an illusion presented before us in a powerful manner, that we are deluded into the belief that the body is a solid substance which we touch and feel, while it is only a bundle of electric energy. This is a very hard thing for us to understand and to accept, because we live in a very gross, prosaic world, where we have been brainwashed by the mind into the

belief that the body is a hard substance, though theorists in physics, science and philosophy tell us that the so-called hardness is nothing but a sensation of touch. So, Yoga takes us further inwardly into a subtler realm of practice and concentration, whereby we accommodate ourselves to the doctrine or our being bundles of sensations, rather than heaps of physical matter or even chemical substances.

We are not astronomical pieces of matter, we are not bundles of chemical compounds. We are forces inside which jet themselves outward with a vehemence unspeakable, and this velocity of the forces is what makes us unconscious of our relationship to the internal layers of our system. The force with which the energy within us moves outward in the direction of space and time is so uncontrollable and impetuous that we are made unconscious of the connectedness of our personality to the higher layers of our being. We are like people caught in the current of a flooded river, or a river that has burst the bounds and is rushing forth with a tremendous speed, like the Ganga in spate. It damages everything, breaks villages, brings down houses and destroys people. It can go anywhere and do anything because of the speed with which it moves. The speed with which the energies of our system move outwardly in terms of objects in space and in time is such that we are unconscious of what is happening. We are given a blow on our head by the velocity of the forces with such intensity that we become unconscious of what we are, and of our relationship to the higher levels of our being, and we are helplessly driven in any direction in which the energies move. So, Yoga tells us that there is a necessity to restrain the force of these sensations, the powers of the senses which project themselves outwardly and drag the body in any direction they like. This practice which follows the seatedness of our body in a posture, an Asana, is known as Pranayama and Pratyahara.

To some extent, Pranayama and Pratyahara go together. The bringing of the energies back to their source is the purpose of Pranayama and Pratyahara so-called. Just as we have varieties of Asana in the Hatha Yoga system, we have varieties of Pranayama also. Hatha Yoga concerns itself principally with the practice of Asanas and Pranayama, and secondarily with meditation.

*Yoga As A Universal Science
by Swami Krishnananda*



Beginner Course

A systematic introduction to the theory and practice of yoga for beginners or for anyone looking to renew their practice. This course takes a step by step approach for developing strength, flexibility, good breathing habits, concentration and relaxation through:

- Yoga postures (Asanas)
- Breathing exercises (Pranayama)
- Relaxation exercises
- Introduction to 5 points of yoga
- 12 basic asanas and their benefits

Course meeting dates for Weekend course, every **Sunday 11.30am-1.00pm:**
September: 4, 11, 18, 25. October: 2, 9, 16, 23.

Course meeting dates for Weekday course, every **Monday & Friday 8.00-9.30pm:**
October: 10, 14, 17, 21, 24, 28, 31. November: 4.

Class duration: 90 minutes.

Fee: \$220 for 8 classes + 2 ongoing classes + YOGA Your Home Practice Companion Book.

Pre-registration and payment is required.

Email: info@sivananda.com.sg

Phone: 90679100
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Intermediate Course

Intermediate course is an ideal course for those wanting to go deeper into their yoga practice. The course includes a thorough introduction and preparation for practice of headstand, and focus on classical variations. Intermediate course will prepare you to be easily following Open Class level. This twice a week course for a short 2 weeks time.



Who should attend:

- Students progressing from Beginner Course
- Students practicing at on-going Beginner Class level who are in transition to practice at . Open Class level (please check with your teacher if you are ready to join).
- Open Class students who need to work on the details of the postures.

Course meeting dates: **Monday & Friday 8.00-9.30pm**
September: 26, 30. October: 3,7.

Class duration: 90 minutes.

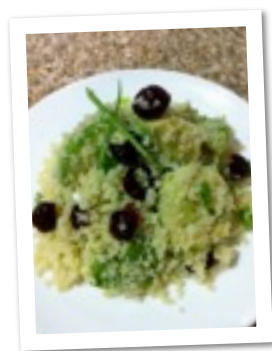
Fee: \$100

Pre-registration and payment is required.

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Avocado Couscous Quick Meal Recipes

Bring 3/4 cup water and a bit of salt and olive oil to boil, put the couscous in and off fire. Stir evenly and let it sit for 3 mins. Put in cut avocado, olive oil, salt, cranberries, lemon juice, fold evenly.

Garnish with chives or herb.

Ingredients:

1/2 cup couscous

3/4 cup water

a bit of olive oil

a bit of salt

1 avocado cut to big chunk

1/4 cup dry cranberries or raisins

1 tbsp lemon juice

2 tbsp chopped chives or others herb (optional)