

# YOGA

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*Golden Jubilee*

*50th year of  
Bihar School of Yoga*



Bihar School of Yoga, Munger, Bihar, India



## Hari Om

YOGA is compiled, composed and published by the sannyasin disciples of Swami Satyananda Saraswati for the benefit of all people who seek health, happiness and enlightenment. It contains information about the activities of Bihar School of Yoga, Bihar Yoga Bharati, Yoga Publications Trust and Yoga Research Fellowship.

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Bihar, India

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*Front cover:* Swami Satyasangananda, Bulgaria, 2011

*Plates:* 1: Guru Poomima, Sivananda Ashram, 2005; 2: Sri Rudrabhisheka, Munger, 2005; 3: Jagdalpur, 2005; 4: Venice, 2006; 5: Srimad Bhagavata Saptah, Munger, 2007; 6: Yoga Vidya, Munger, 2009; 7: Munger, 2011; 8: Satyam Udyan, Munger, 2012



## GUIDELINES FOR SPIRITUAL LIFE

### Destiny

The doctrine of karma, or the law of cause and effect, brings hope to the hopeless, joy to the cheerless and new strength to the weak. It is an ideal 'pick-me-up' for the depressed and gloomy.

The present is unchangeable. Therefore, instead of weeping over the failure of crops during the last year, go on ploughing and you will reap a harvest this year. Do virtuous actions, think and act rightly now. You will have a brilliant and glorious future. Apply yourself with zeal and enthusiasm. You are the master of your own destiny. The self-effort of today becomes the destiny of tomorrow.

—Swami Sivananda

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**Owned** by Bihar School of Yoga **Editor:** Swami Shaktimitrananda Saraswati





**January–February** – From 12th January to 7th February, a sadhana course was held at Ganga Darshan for a group of ladies from Iran.

On 26th January, Basant Panchami, the fortieth foundation day of BSY was celebrated.

On 14th February, the President of the Republic of India, His Excellency Dr A.P.J. Abdul Kalam was chief guest

at Bal Yoga Diwas, Children's Yoga Day, at the Polo Ground, Munger. More than 20,000 children participated.

From 23rd to 26th, Swami Niranjan gave satsang at J.J. School of Arts and High Mount State Guest Home, Mumbai.

From 27th February to 1st March, Swamiji was in Nasik. He introduced 1,800 school children to surya namaskara, bhramari pranayama and Gayatri mantra, and gave satsang.

**March** – From 21st to 30th, Navaratri was observed at Ganga Darshan and Chandisthan temple, Munger.

**April** – From 9th to 12th, Swami Niranjan conducted a program in Mangrove Mountain, Australia.

**May** – From 19th to 23rd, Swamiji conducted a program in Mallorca, Spain.

**June** – On 19th, Swamiji spoke at Javayat village, Bariarpur.

**July** – From 26th June to 3rd July, Swamiji celebrated Guru Poornima in Bhuj where he inaugurated the new Sivananda Balak Ashram. Havan was conducted with the acharyas of the Indian Satyananda ashrams, and paduka pooja to Swami Sivananda was celebrated.

From 4th to 8th, Swamiji visited Dev Darshan Ashram in Bhilwara, Rajasthan. He spoke at Mewar Chamber of Commerce and the town hall.

On 6th, Swamiji visited Srinathdwara, Ekling Mahadeo, Chaubhuja and Kankroli, the four dhams of Mewar. He gave satsang for children with speech and hearing difficulties.



**August** - On 5th, Swami Niranjan presented certificates to students of the first Diploma Course in Yoga Education.

On 7th, Swamiji spoke in five villages in Munger district.

On 15th, Swami Niranjan spoke to children and teachers at a camp of the Jharkhand Education Project Board. On 16th, he spoke at the Patratu Thermal Power Station, and on 17th, at the Indian Institute of Coal Management.

**September–October–November** - On 12th, Sri Swamiji gave satsang in Rikhia to BYB students of 2002–2004 who took the oath from Swami Satsangi, and were blessed by Swami Niranjan. From 18th to 20th September, Swami Niranjan gave programs in Kolkata.

From 6th to 9th October, Swami Niranjan was in Jabalpur, MP, for a yoga convention.

From 15th October to 13th November, a refresher course was conducted for Satyananda Yoga teacher trainers from India and overseas. Swami Niranjan taught in the original style of Swami Satyananda and sessions were conducted for the obese, the aged, children and for people with back ailments.

This year Satyananda Yoga Academy Europe (SYAE) was established with the mandate to implement structures and systems for the ongoing development, training and teaching of Satyananda Yoga in Europe.



# To be a Yoga Teacher

*Swami Niranjanananda Saraswati*

## **What are the qualities of a yoga teacher?**

You will find the answer in the book *Jonathan Livingston Seagull*. He was a brash young seagull, who wanted to learn how to fly the fastest. He went through many situations in life where there was both success and failure, and eventually he became a master. When the young seagulls came to him to learn how to fly, he simply told them, "Let us begin with the basics."

A person who can say, "Let us begin with the basics" is a true yoga teacher. A person who tries to fulfil the expectations of the students, forgetting the basics, is not a yoga teacher.

## **Simplicity**

Every system has a discipline. When we start to learn mathematics, we do not jump to algebra or higher mathematics straight away. The teacher will have to start right at the beginning with simple basic arithmetic. That is how a yoga teacher should be. Yoga teachers must have a plan and stick to it. They must not change it according to the student's opinion. We are caught by the opinions of other people. We think that if we don't teach what they want, they will go to another teacher and we will lose our income. This is a big phobia in the minds of yoga teachers. With this attitude they can't teach yoga properly.

Yoga should not be restricted, limited or altered according to the needs of people who come to the class. We should have a plan, and in that plan always begin with the basics. We have to be simple yoga teachers. In the learning process, it is all right to learn the intricate details, the different methods and means of doing something, but when it comes to teaching, we must always begin with the basics. If a yoga teacher becomes more complex, it goes above the student's head.

Simplicity of instruction, simplicity of practice and simplicity in guiding the students should become the hallmark of a yoga teacher, not trying to prove that he knows more than another teacher.

*– 7 November 2004, Ganga Darshan, Munger*



**February** – An intensive one-month course in yoga therapy was held at Ganga Darshan for yoga teachers from Iran. From 24th to 27th, Swami Niranjan was in Indore for the Yogotsav at the Abhay Prashal Indoor Stadium Complex. On 26th, he spoke at a program organized by BYMM, Indore.

**March** – From 1st to 3rd, Swami Niranjan conducted a program at Vitten Market Grounds and evening satsangs at Bharat Heavy Electrical Ltd (BHEL).

At the Madhya Pradesh Vidhan Sabha he addressed ministers and MLAs, IAS officers and staff. This was the first time a spiritual leader addressed the MP Legislative Assembly. On 3rd, he addressed medical staff at BHEL's Kasturba Hospital.

On 10th, Swami Niranjan addressed ladies at the Dr Manju Meharia Memorial Marwari Mahila program, and spoke at Bokaro Steel Plant and the Chamber of Commerce.





From 25th March to 2nd April, Swami Niranjan was in Mangrove Mountain, Australia. On 2nd, he was the chief guest at the Sydney Yoga Expo, Darling Harbour, Sydney.

**April** – Navaratri was celebrated at Ganga Darshan and Chandisthan temple.

**May** – From 16th to 26th, Swamiji was in Bogota, Colombia, for an International Yoga Convention. He gave lectures at the Santillana

Foundation, the National University and Jorge Tadeo University. From 27th to 29th, he conducted a program in Cartagena.

**June** – From 3rd to 5th, Swami Niranjan was in Greece and on 6th, he gave satsang in Cologne, Germany.

**July** – From 18th to 21st, Swamiji was at the Satyananda Yoga Ashram in Bhubaneshwar for Guru Poornima.

On 29th, Swami Niranjan gave satsang at the Officers Club, Urjanagar, Mahagama, Bihar.

**August** – From 5th to 7th, Swami Niranjan was in Delhi and spoke at the University of Delhi, the Federation of Indian Chambers of Commerce and Industries, the Hyatt Regency Hotel and the Chinmaya Mission Centre.

**September** – From 2nd to 8th, Swami Niranjan presided over the seven-day narration of Srimad Bhagavatam at Yoga Darshan Ashram, Sambalpur. On 12th, Sri Swamiji's sannyasa anniversary, the 4th Convocation of BYB was held at Ganga Darshan.



From 22nd to 25th, Swami Niranjan presided over a Yoga Mahotsav at Jagdalpur, Bastar, CG.

On 24th, Swami Niranjan gave satsang on yoga and lifestyle at the Mata Rukmini Devi Seva Sansthan, at Dimripal, an institution for the education of tribal girls in an ashram environment. On 26th, Swamiji addressed devotees at Kondagaon, Chhattisgarh.

**October** – From 2nd to 14th, a training program for teachers from Satyananda Yoga Kendras, India was held at Ganga Darshan.

During Navaratri Swami Niranjan gave satsang at Ganga Darshan, Chandisthan and Dashbhujisthan temples.

**November** – Swami Niranjan was in Kolkata for a program at G.D. Birla Sabhaghar.



# Balancing the Opposites

*From Rikhiapeeth Satsangs 1 by Swami Satyananda Saraswati*

The pursuit of sensory objects is the pursuit of pleasure, or *bhoga*. When you pursue pleasure, you experience imbalances in life. This happens 365 days a year. Throughout life the association of the senses with sense objects remains. When this association persists, negative factors influence the psychological body so that you are subject to diseases.

## **The nature of prakriti**

Life is full of happiness and unhappiness, and changes come about in the human body with the onset of these states. The cardiogram, the brain waves and the blood pressure display changes depending on the state of joy and sorrow. However, if you practise yoga, balance is attained. It is not possible to withdraw from the world of senses. You have to stay within their influence, it is your compulsion and you are helpless against them. Everyone has to stay in this world of happiness, unhappiness, passion, anger, envy and delusion. It is the nature of prakriti. Death is a reality and life is a reality. It is impossible to experience total fulfilment in this lifetime for it is not the nature of prakriti. If you were to experience nothing but happiness from birth to death, you would go mad. Unhappiness comes to balance out happiness, and happiness comes to balance out unhappiness.

## **Yoga for positive thinking**

Just as the day dawns to balance the night and the night sets in to balance the day, in the same way you need yoga to smooth out the imbalances created in the body by the pursuit of pleasure. In the state of society today, people complain about everything all the time, whether in newspapers, television or conversations. No one is happy with anything. This is how life is perceived.

However, your perception of life should be such that you develop a sattvic state of mind. This is necessary not just for the individual, but for society, the family and the nation. If, with the practice of yoga, you are able to change the direction of your mind, it is possible that a positive thinking pattern will emerge from within.

*– 2005, Rikhiapeeth, India*





**January** – From 2nd to 8th, Srimad Bhagavata Saptah was conducted by Dr Akhilananda Shastri and Bhakti Kiran from Varanasi in the new Yoga Vidya plot at Ganga Darshan.

On 19th, Swami Niranjana was the chief guest at the inauguration of the Ashok Dham Shiva temple, dedicated by the Shankaracharya of Puri, HH Swami Nischalananda.

From 29th to 30th, Swamiji spoke at the Naga Thakur Bari, Patna, to judicial officers and SBI executives. He addressed the inaugural function of APICON 2006, the 61st annual conference of the Association of Physicians of India.

**February** – On 3rd, Basant Panchami, the foundation day of BSY was celebrated at Ganga Darshan. Swami Niranjana and Swami Satsangi from Rikhiapeth presided.

On 4th, Swami Niranjana gave satsang to students from Notre Dame Academy, Munger.

**March** – From 2nd to 5th, Swami Niranjana presided over a Yoga Mahotsav in Mumbai at the Shahji Raje Bhosle stadium. He also inaugurated Yoga Vidya Dham Ashram at Talavadi, Nasik, and gave satsang and classes from 7th to 9th.

**April** – From 14th to 21st, Swamiji gave direction to the accredited and affiliated Satyananda Yoga teachers and met with the SRI research team at Mangrove Mountain, Australia.



**May-June** - On 6th May, Swami Niranjan gave satsang at a Yoga Sadhana Shivar at Sangrampur, Bihar.

Swami Niranjan toured Europe in May and June. From 19th to 21st May, at the Venice Convention Centre, delegates from 33 countries attended the program. In Slovenia, from 24th to 28th May, Swamiji spoke at Cankarjev Dom in Ljubljana and at the Hotel Convent. From 30th May to



1st June, delegates from 31 countries attended the program at the Satyam Sadhana Centre, Volkings, Germany.

From 16th to 18th June, Swami Niranjan was in Bokaro. He gave classes and satsangs for children and teachers, spoke to officers, executive directors and general managers from Bokaro Steel Plant and at the Rotary Club.



From 30th June to 2nd July, Swami Niranjan was in Raipur for a yoga convention.

**July** – On 3rd, Swami Niranjan gave satsang at Gyandarshan Yogashram, Bhilai.

From 7th to 11th, Swami Niranjan presided over the Golden Jubilee celebration of Satyananda Yoga at Satyananda Ashram, Rajnandgaon, where in 1956 Swami Satyananda established IYFM. Swamiji conducted classes and satsangs and celebrated Guru Poonima.



From 21st to 25th, Swamiji conducted a program in Kerdreolet, Brittany, France.

**September** – On 7th, Swami Niranjan visited the Dashbhujisthan temple, Munger, and laid the foundation stone for the Dashbhuj Samskara Kendra.

From 8th to 12th, Swami Niranjan presided over the annual program at Ganga Darshan.

From 14th to 17th, Swami Niranjan was in Satna, MP, and addressed doctors and staff of Aditya Birla Hospital, and spoke to school children.

From 18th to 20th, Swami Niranjan presided over a Yoga Satsang Festival at Katni, MP, and addressed students from Diamond Higher Secondary School.

**October** – From 13th to 15th, Swami Niranjan was in Ranchi for the Jharkhand Yoga Mahotsav and addressed jawans and officers from the 23rd Infantry Division, Ranchi; members of IICM, SAIL, the Birla Agriculture University, the Ranchi judiciary and state administration; children, and students and faculty members of the Birla Institute of Technology.

**December** – From 10th to 26th, SAI (Sports Authority of India) organized a program at Ganga Darshan for boys excelling in sports at national and international levels.

# What is Purity?

Swami Niranjanananda Saraswati



Purity is something that does not exist. Purity is an idea of a sattwic state in life that can be achieved and attained. Life revolves around rajasic and tamasic behaviours. The qualities of rajas and tamas create a corresponding change in the mind and personality. If one is subjected to a rajasic state, there will be aggression and assertion. If one is subjected to tamas, there will be stagnation and lethargy.

Purity, in this context, means to first establish oneself in the sattwic nature. After all, if one wants to construct a house, one needs to have the right tools and materials for construction. If one wants to build a citadel of purity in life, one needs to have the right tools and materials. The tool is the movement from tamas to rajas to sattwa. The material in which this purity can be built and developed is the sattwa nature in all dimensions and strata of life.

Until and unless sattwa becomes established, one should forget about purity. Until then, purity is only a fantasy or an ideological concept. Effort has to be made to move to the sattwic state. After one has reached sattwa, one can discuss how to develop purity, not before.

– 5 May 2006, *Ganga Darshan, Munger*



**January** – From 3rd to 9th, Srimad Bhagavata Saptah was conducted by Swami Govinda Giri from Pune.

From 10th to 22nd, a group of young sportspeople and instructors attended a program at Ganga Darshan, organized by the Sports Authority of India (SAI).

On 23rd, Basant Panchami, the Foundation Day of BSY, was celebrated at Ganga Darshan.

**February** – On 18th, Swami

Niranjan spoke at Zakir Hussain Middle School, Suryagarha.

From 20th to 28th, Swami Niranjan was in South India. In Chennai, he gave satsang at the Chinmaya Heritage Centre, mantra meditations at Shiva Darshan Yoga Vidyalaya. He also visited DAV Girls Senior Secondary School.

From 23rd to 25th, in Bangalore, he spoke at the Satya Sai Auditorium, Koramangala, the Sophia School, and addressed the Young Presidents Organization. He gave satsang at Atma Darshan Yogashram.



On 26th, Swamiji visited the Body Temple Yoga Centre in Shimoga and gave satsang at Kuvempu Rang Mandir.

On 28th, Swamiji visited HH Shri Swami Bharati Tirtha, Shankaracharya of Shringeri Math.

**March** – On 10th, the Chief Minister of Bihar, Sri Nitish Kumar, visited Ganga Darshan.

On 11th, Swamiji gave satsang at Sangrampur, and on 21st and 22nd, at Chandisthan, Munger.

**April** – On 20th, Swamiji visited the Jhoor Kali temple in Safiabad.

On 26th, Swami Niranjana conducted havan, kirtan and satsang at Satyam Om Yoga Vidyalaya, Bilaspur.

From 27th to 29th, Swami Niranjana was in Amarkantak at the invitation of Swami Sharadananda Saraswati of Mrityunjaya Ashram, Amarkantak.

On 30th, Swami Niranjana gave satsang at the City Hall, Raigarh, and the Jindal Steel & Power Corporation Club.

**May** – On 5th, Swami Niranjana inaugurated the sadhana hall of the Yoga Shiksha Kendra in Jamui.



On 18th, Swami Niranjan participated in Rudrabhisheka at Shivalaya, Munger.

On 30th, Swami Niranjan conducted Mahamrityunjaya havan at the construction site of the Ganga Bridge in Munger and gave satsang.

**June** – From 6th to 9th, a yoga seminar was held at Fulka High School. Swami Niranjan introduced the ‘yoga capsule’ sadhana.

**July** – On 1st, Swami Niranjan inaugurated the Sankalpa Gurukul, Munger.

From 27th to 30th, he was in Bangalore for the Guru Poornima Mahotsav, attended by 6,000 participants.

**September** – On 12th, Swami Niranjan celebrated Sri Swamiji’s sannyasa initiation day at Ganga Darshan.

From 10th to 12th and 14th to 16th, principals and senior teachers from 43 secondary schools in Lakhisarai attended a program at Ganga Darshan. Swami Niranjan gave satsang.

On 22nd, Swami Niranjan addressed students and teachers at Amarpur Uchha School, Lakhisarai.

**October** – During Navaratri, Swamiji gave satsang at Ganga Darshan, Chandisthan and Dashbhujisthan temples, Munger.

From 22nd October to 6th November, a group of boys from Punjab, Haryana and Jammu and Kashmir, excelling in sport at national and international levels, attended a yoga program at Ganga Darshan sponsored by SAI.

**November** – On 3rd, Swami Niranjan gave the closing keynote address at a seminar in Delhi attended by members of the World Presidents Organization.

On 4th, members of the Association of Surgeons of India visited Ganga Darshan to learn introductory yogic practices.



# APMB

Swami Niranjanananda Saraswati



Pranayama is important for it is where the practice of yoga actually begins. Up to asanas, one is only experimenting with the body, but from pranayama onwards the aspirant begins to experiment, awaken and move the *prana shakti*, the subtle force. It is a vital force as well as a mental force. The manipulation and awakening of this prana shakti leads to the higher subtle dimensions in which we exist.

In reality, up to asanas, yoga is a preparation of the body, senses, brain, internal organs and systems. However, pranayama launches the practitioner on the path of yoga. This prana has to be moved in different locations of the body to awaken different psychic and dormant centres, so that ultimately one can realize the full potential of the human brain and mind.

For this purpose the practices of mudras and bandhas have been described on the path of yoga. There are many kinds of mudras. In dance, the expression of various mudras indicates an attitude and emotion. They evoke a response to feelings. When a feeling is activated, the shakti, the power of the feeling, is also activated as prana. With the practice of mudras, this prana is directed to create harmony of the mind.

Thereafter, with the practice of bandhas, the same prana is further stimulated in the vital centres, which are responsible for the evolution of human consciousness.

– 21 February 2007, Chennai, India



**February** – From 21st–24th, Swami Niranjan presided over the Lucknow Yoga Mahotsav. The inaugural session was attended by over 1,500 people. On 22nd, he spoke to 1,000 children at MR Jaipuria School and students of Lucknow University. On 24th, he spoke to judges, police and administrative officers, entrepreneurs and professionals.



From 1st to 29th, a program was held for 24 women, yoga teachers and devotees from Iran. From 9th to 11th, Basant Panchami, the foundation day of BSY, was observed at Ganga Darshan.

On 28th, Swami Niranjan gave satsang to 400 people at the Rajendra Smriti Sanghralaya in Patna. In the evening, at the L.N. Mishra Institute of Business Management, he spoke on the yogic perspective on management.

**March** – On 6th, Sivaratri was celebrated with the chanting of Shiva stotras and akhanda Ramayana path.

From 14th to 16th, Swamiji and Swami Satsangi conducted a three-day yoga sadhana shivir in Hyderabad. Swamiji gave classes to over 3,000 people. In the evenings Swamiji and Swami Satsangi spoke to over 6,000 people.

**April** – From 16th to 25th, Swami Niranjan was in Australia. On 18th, he addressed yoga teachers at a Health and Wellbeing Convention in the Darling Harbour Convention Centre, Sydney. From 22nd to 24th, Swamiji conducted a program on bhakti yoga at Mangrove Mountain, for over 500 people.

On 24th, he inaugurated a three-day yoga teacher's seminar, attended by over 300 teachers including teachers of Satyananda Yoga Academy, Australasia (SYA).

From 6th to 14th, Chaitra Navaratri was observed at Ganga Darshan.

**May** – From 15th to 31st, Swami Niranjan visited Europe.

On 16th, he gave a public lecture on tantra and yoga to over 2,000 people at the Faculty of Social Sciences, Ljubljana University, in Slovenia. On 17th, Swamiji arrived at Strunjan for a seminar on tantra and yoga for over 600 aspirants from over 23 countries.

On 20th, Swamiji conducted a course on stress management

in Brijuni, Croatia, for over 400 participants. He gave a public lecture for over 1,500 people at the Pula City Centre on the same theme.

On 22nd, Swamiji travelled to Lake Balaton, Hungary, the program venue of Satyananda Yoga Foundation, Hungary. Swamiji conducted *bhoomi poojan*, consecration of land, for the venue. Swamiji gave practical guidelines on living yoga in everyday life to over 600 aspirants from 23 countries. On 25th, he gave a public lecture on tantra and yoga in Budapest.

From 27th to 29th, Swamiji was in Paiania, Greece.

On 29th, Swamiji arrived in Sofia, Bulgaria. On 30th, he spoke at the National Palace of Culture, addressed a press conference and gave a public lecture at the Congress Hall.

**June** – From 23rd June to 3rd July, Swami Niranjan was in South Africa. On 24th, he gave interviews in Johannesburg. On 26th, he visited the Orlando Children's Orphanage, and he spoke at the Lakshmi Narayan Temple in Lenasia to over 500 people.

On 27th, Swamiji spoke at the Da Vinci School of Business, Grayston, and inaugurated a convention for over 200 participants.

The South Africa tour included a three-day retreat for over 70 people at the Good Shepherd Retreat Centre in the Hartbeespoort Dam.



On 2nd July, he addressed the Ladies Gita Study Group in Johannesburg.

**July** – From 14th to 19th, Swami Niranjan was in Indore, MP, for Guru Poornima. He took all the classes during the shivir.

On 15th, Swamiji spoke at the Indian Institute of Management, Indore, on the aim of yoga not being moksha, but acquiring excellence in every sphere of life.

On Guru Poornima, Swamiji performed paduka pooja, and over 4,000 devotees paid their respects to the gurus.

**August** – On 25th, Swami Niranjan visited Model Central Jail, Beur, Patna, to inaugurate a one-year yoga training program initiated by the state government for 26 jails in Bihar. He also inaugurated the jail library, yoga centre and security centre.

On 24th, Krishna Janmashtami was celebrated at Ganga Darshan.

**September** – From 8th to 12th, the anniversaries of Swami Sivananda and Swami Satyananda's sannyasa initiation were celebrated.

From 30th September to 8th October, Navaratri was observed at Ganga Darshan and Chandisthan temple.

**October** – On 15th and 16th, Swamiji was in Dehradun for the first Spiritual Chapter at Virasat, an international festival held to promote traditional folk art and culture.



On 28th, Diwali was celebrated at Ganga Darshan with the lighting of 5,000 candles and a program of song and dance by Yogic Studies students.

**November** – On 6th, Swamiji gave a talk at the Annual Vigilance Awareness Week held by the Indian Railways Institute of Mechanical and Electrical Engineering (IRIMEE), Jamalpur.

On 9th, Swamiji spoke to over 6,000 people in Bariarpur where a month-long Rama-charitamanas path had been held.

**December** – From 15th to 21st, the Ashram Life, Yoga and Satsang week was held at Ganga Darshan. Swamiji conducted the morning classes and said that the main components of spiritual life were practice, lifestyle, and involvement in yajna and satsang. 160 people participated in the program.





# The Inner Voice

*Swami Niranjanananda Saraswati*

## **How can one know if decisions are coming from the place of wisdom or from another place?**

This question is like a ten year old child asking, "How will I know when I am able to split the atom?" It is an irrelevant question. First one studies, cultivates intellectual maturity, learns the subject and then one will know naturally the process of splitting the atom.

Similarly, how does one discover what the mind or what the inner voice is saying? If one is trying to figure it out, there will be confusion about the messages until and unless one has bypassed the mind.

## **The room of noise**

We are living in a room in which there is a lot of noise: music playing on one side, movie playing on the other side, pleasant sensory stimulation happening on the third side. We are surrounded by the spectrums of sound and movement in the room. We will not be able to identify a sound which is coming from outside for it could very well be part of our inside noises. In order to hear the outside noise, we have to still and silence the inside sounds by stopping every activity.

Once we have become silent we will be able to hear the sounds from outside. If we can attain this silence in the mind, we can hear the voice from the spirit. If we have not been able to attain the silence of the mind, we should not even think about hearing sounds. It will never happen and we will be leading ourselves only into greater and much deeper confusion. Therefore, our sadhana should be to try to calm the noises of the mind, not trying to decide how to know the difference and the reality between the inner voice and our mental voice.



### **Silence first**

At present we are not equipped to know. We must first move into the space of silence. In the absolute stillness of the spirit we will hear the mandate. This only happens to a few, for the majority still continues to identify with the cacophony of the mind, emotions and intellect. Only when we have cut our associations with the world around us and there is no distraction, no outer stimulus going inside, we can hear and know that what we have heard is real, the truth and nothing but the truth. There is no more confusion in that.

The effort should be to silence ourselves and not direct the microphone to some unknown region with the hope that it will pick up some space talk of the ET's. Many people have been trying for ages and still they haven't heard anything.

*– 22 April 2008, Mangrove Mountain, Australia*



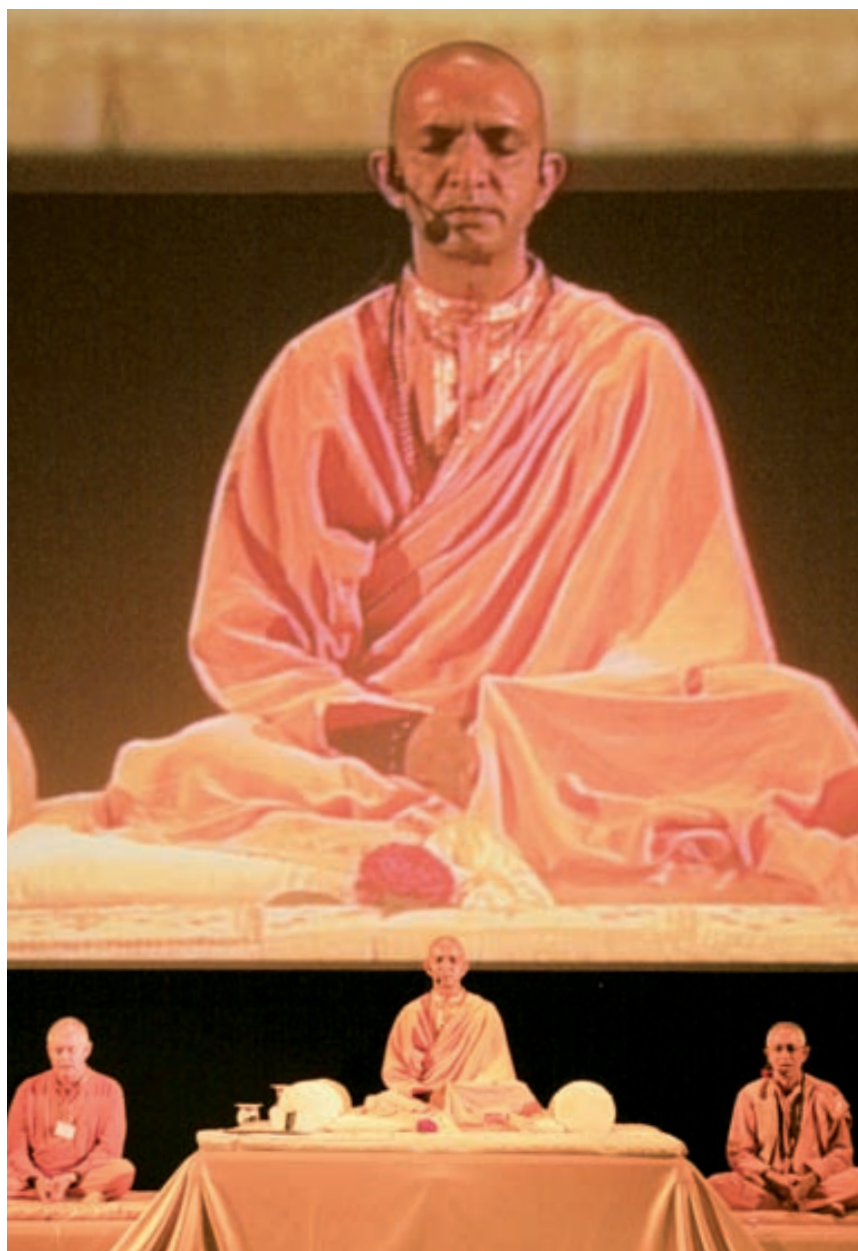
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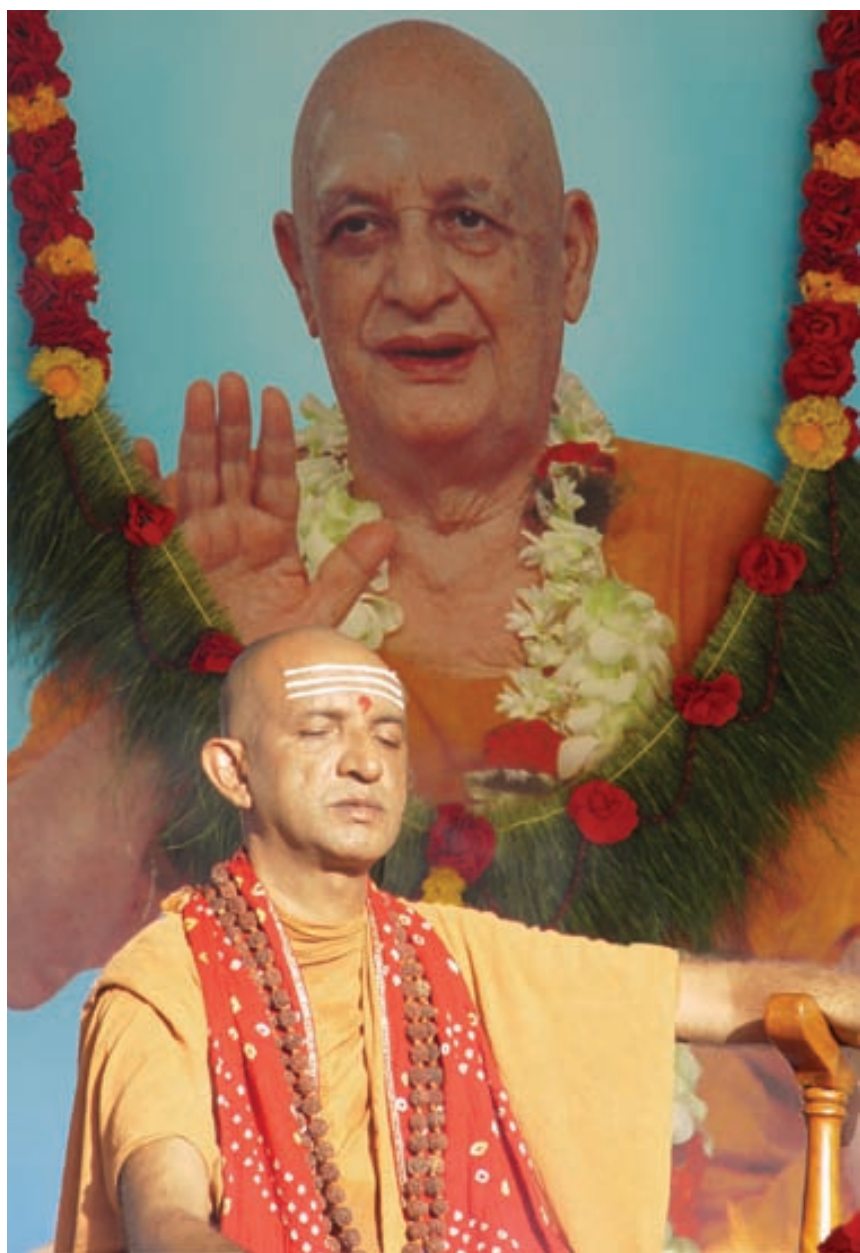


2007



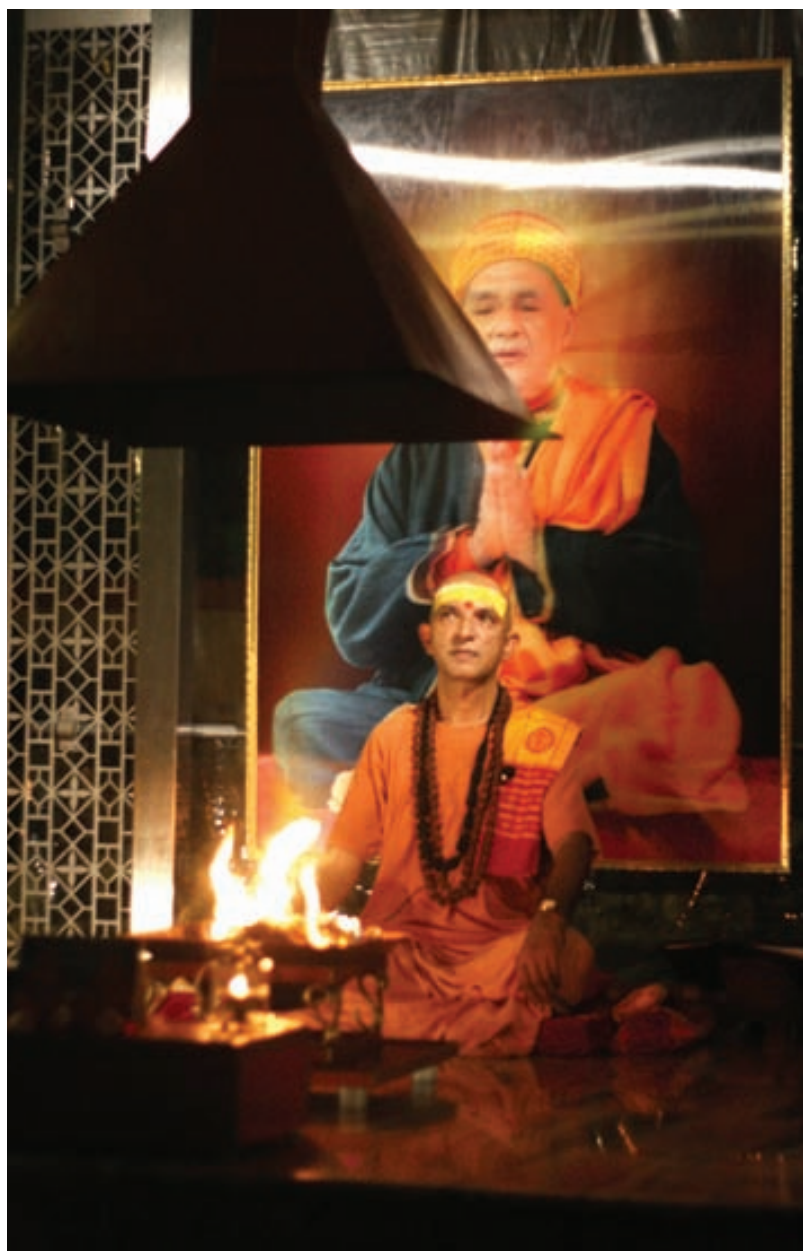


2009



2011





2012

**January** – On New Year's day, the Hanuman Chalisa was chanted one hundred times at Ganga Darshan by over 300 participants.

On 18th, Swami Niranjan spoke at the Khuda Bakhsh Oriental Public Library in Patna, Bihar.

On 24th, Swami Suryaprakash visited Kiul, Bihar, for the annual function of the Durga temple.

From 29th to 31st, Basant Panchami, the foundation day of BSY was celebrated at Ganga Darshan.



**February–March** – From 13th to 20th, Shiva Charitra and Aradhana took place at Shivalaya, Munger. The highlight was Swami Niranjan's daily satsang on Shiva. On 19th, Swami Satsangi arrived from Rikhiapeeth, bringing Sri Swamiji's blessings. All participants took part in *sahasra kalash abhisheka*, the offering of a thousand pots of water to the Shivalingam.

The next day, Shiva was welcomed at Shivapeeth at Ganga Darshan and established as 'Yogeshwar' by Swamiji.

On 23rd, Sivaratri was celebrated at Ganga Darshan. From 25th February to 4th March, Swamiji was in Mumbai. The program took place at different locations: at the Hyatt Regency Hotel near Sahar airport, at the Swaminarayan Auditorium in Dadar, at the Navi Mumbai



Sports Association and at the school grounds of the Chembur Education Society.

From 27th March to 3rd April, Chaitra Navaratri was observed at Ganga Darshan by over 200 people.

**April** – From 10th to 25th, Swami Niranjan was in Australia. From 10th to 14th, he conducted an ashram life program at Rocklyn Yogashram, Victoria, for over 450 people. On 12th, *bhoomi poojan*, consecration of land, was performed at Shivapeeth at Rocklyn. On 13th, a Shivalingam was installed by Swamiji and Rudrabhisheka performed.

From 16th to 20th,, Swamiji held a program at Mangrove Mountain Ashram for over 480 participants.

**July** – From 4th to 6th July, Swamiji conducted a Bhakti Yoga satsang series, and on 7th, conducted the Guru Poonima celebrations at Paduka Darshan. Over 3,500 people from Munger attended besides over 1,500 outstation guests. The new Yoga Vidya premises were used as venue for meals.

**September** – From 8th to 12th, Swami Sivananda's birth anniversary and Swami Satyananda's sannyasa initiation were commemorated. Swamiji held an Advanced Sadhana Shivar, saying that 'advanced' does not mean performing complex practices, but developing deeper awareness in simple practices.





From 19th to 27th, Navaratri was observed at Ganga Darshan, Chandisthan and Dashabhujisthan temples in Munger.

On 28th, Vijaya Dashami day, Swamiji performed Rudrabhisheka in Shivapeeth at Ganga Darshan.

**October** – On 17th, Diwali, Swami Niranjan performed Rudrabhisheka at Paduka Darshan ashram.

**December** – On 6th, after the mahasamadhi of Sri Swami Satyananda which took place at midnight of 5th December in Rikhiapeeth, a 24-hour akhanda chanting was held at Ganga Darshan.

From 7th to 22nd, a daily afternoon program of Shiva and Devi aradhana was conducted.

From 24th to 30th, Shraddhanjali Saptah was observed at Ganga Darshan. Yoginis from Lalita Mahila Samajam at Thirueengoimalai in Tamil Nadu performed havan and Swami Niranjan performed Rudrabhisheka. Thousands of Munger residents came daily to pay homage. On the concluding day, a *samashti bhandara*, culmination with mass feeding, was held.

Swami Satyasangananda arrived from Rikhiapeeth and addressed the gathering. The Chief Minister of Bihar, Sri Nitish Kumar, came to pay his respects. Swami Niranjan reassured the gathering of the continued growth of the yoga movement and invited all to join in the sankalpa to uphold and further Sri Swami Satyananda's mission.

# Mourning

Swami Satyasangananda Saraswati



**The Bhagavad Gita says the wise mourn neither the living nor the dead. If we don't mourn where is our compassion?**

Mourning for someone does not mean that you have compassion. Compassion is when you have love and a type of feeling of oneness with creation. It is a type of unconditional love. Just to cry for somebody who is dead doesn't mean that you have compassion.

## **There is no death**

You cry out of ignorance. If you have knowledge about death and life and an understanding of the processes of life and death, you don't have to mourn. Supposing this building becomes old, tattered and broken and one day it is being pulled down, what is the use of mourning? Do you want to continue living in that old and tattered house which is falling down, where rain is coming in, where you cannot protect yourself? No, you want a new house. With an understanding or a philosophy there is no need to mourn.

The *Bhagavad Gita* speaks about the understanding of life and moving from the state of ignorance to the state of knowledge: knowledge of the five tattwas, the mind, the senses and the eternal in you, the *atman*. There is something that does not die. Are you going to mourn for the body or the senses?

The *Bhagavad Gita* gives knowledge about the atman. The wise know of the reality and eternity of life. A seed is planted.



A tree is born and bears fruit which gives seed for another tree to be born. The continuity, the cause and the effect are true. Therefore, if it is true for all of creation, why not for living beings? There is eternity of life for whatever it may be called: soul, atman, the karmic body or the causal body.

## Destiny

In the middle of the battlefield with the two armies standing opposite each other, Arjuna does not want to fight. He, who is a brave and courageous warrior, the best of its kind, suddenly has a change of mind. He is depressed, starts trembling, perspiring and his bow falls out of his hand.

The *Bhagavad Gita* is a textbook on yoga. The eighteen chapters explain how to move from the state of ignorance, imbalance, depression and dejection to the state of yoga. Yoga begins when one is imbalanced and one becomes aware of the imbalance within. When one is balanced one does not need yoga.

The first chapter is called *Arjuna Vishada Yoga*, the yoga of Arjuna's depression. At that time Sri Krishna instructed him about yoga. He said, "What you are refusing to do has already happened." With the divine vision Arjuna saw all the dead soldiers lying in front of him. Sri Krishna said, "Even if you don't fight, they are going to die. So it is better to pick up the bow and start fighting. Whether you like it or not, whether you mourn or not, whether you want it or not, it is going to happen."

It is foolish to cry over something which is destined to happen and it is wise to accept destiny lovingly. Mahatma Gandhi spent many years in jail, but he was happy. Others spend their life in jail and cry and cry.

Mourning does not prevent anything from happening. By not worrying about it or by worrying about it, no matter what you do, death is going to happen. It is destiny.

– 24 July 2009, London, England

**January** – From 2nd to 6th, Swami Satsangi and Swami Niranjan performed the final poojas for Sri Swamiji in Tryambakeshwar and Rishikesh. *Bhandaras*, feasts, were given to sannyasins of 13 akharas and priests of the temple at Tryambakeshwar, and to the residents of the Divine Life Society in Rishikesh. On 20th, during the auspicious occasion of Basant Panchami, the foundation day of BSY, the first of Swami Niranjan's Satsang Series was held at Ganga Darshan.



**February** – A month-long program was held for 29 aspirants from Iran.

**March** – From 17th to 20th, Chaitra Navaratri was observed at Ganga Darshan, Chandisthan and Dashbhujisthan temples.

**July** – On 25th, Guru Poornima was celebrated at Ganga Darshan. Swami Dharmashakti (Ammaji) and Swami Suryaprakash shared



their experiences, as over 1,500 people offered their respects to the gurus.

**October** - From 8th to 12th, Navaratri sadhana was observed at Ganga Darshan, Chandhisthan and Dashbhujisthan temples, two ancient tantric Devipeeths in Munger.

**November** - On 6th, the ashram was lit with 3,000 candles for Diwali and the newly transformed akhara was inaugurated.

From 13th to 14th, Swami Niranjanananda was in Jabalpur to conduct the Sannyasa Vidhi Purnata Samaroh, the formal sannyasa initiation ceremony of Swami Girishanananda Saraswati, who was given sannyasa by Sri Swamiji in Rikhiapeeth in September 2009.

**December** - On 24th, students of the Yogic Studies course sang Christmas carols, and on 25th presented a modern version of the Nativity play.



# Yogadrishti Satsang Series



The Yogadrishti Satsang Series commenced in January 2010 and consists of discourses given by Swami Niranjanananda Saraswati in Munger as part of the new phase of sannyasa life that he has embarked upon since 2009.

Almost every month, he elucidates the spiritual sciences and traditions in a profound yet light manner, bringing to life the insight and wisdom of the ancient seers and scriptures.

In each satsang series, Swamiji develops the theme stage by stage, covering the theoretical and practical aspects, their relevance and how to integrate the teachings into our lives. While recognizing the goal we are striving towards, we are continually reminded of the importance of becoming established in the foundations of yoga before moving on to higher sadhanas. As Swami Niranjan says, "Enlightenment is the result of a balanced lifestyle, not the aim."

The satsang programs are in Hindi and English and the children of BYMM conduct havan and pooja, chanting stotras, bhajans and kirtan.

**2010** Origin of Yoga & Pashupata Yoga

Karma and Karma Yoga

Mantra and Yantra

Mind and Mind Management

Raja Yoga

Path of Pavritti and Nivritti

Dharma of a Disciple

Head, Heart and Hands

**2011** Sannyasa

Development of Satyananda Yoga

Divine Life

Sadhana

Jnana Yoga

Inheritance of Sannyasa

Yoga in Daily Life

Tantra

**2012** Progression of Yoga

The Yoga of Sri Krishna

The Yoga of Sage Vasishtha

Saurya Tantra

Ganapati Aradhana

Panchratra Tantra

Nine Acharas of Tantra



# Yoga Ecology

*Swami Satyasangananda Saraswati*

In this modern age we are all scientific minded, but we should not accept a science which does not give us the vision of the whole. A science which separates us from the source of our existence is of no use. The basic concept given in yoga is that everything is interconnected, for yoga means unity, the unified field.

The individual does not exist as a separate entity, as he is connected to everything in his environment. That is the ecosystem or the unified field. If there is any disturbance anywhere in that ecosystem everything suffers. There is no creature on this earth, except for human beings, who has misused nature.

When we talk about ecology we should not understand it just in a technical way, but also in the yogic way. It is not just about planting trees, watering the plants, listening to the birds and sitting on the lawn. No. Ecology is respecting, understanding and living in accordance with the laws of nature.

## **Need for understanding**

Yoga ecology does not only show you the interdependence of all creation but also the basic unity within nature. This is the important contribution of yoga to ecology. Yogis were the original ecologists. Today, there is a superficial and selfish understanding of ecology.

Due to the diseases that are spreading, and the disharmony and destruction in nature, we are forced to think about ecology; otherwise we would not care. The individual has lost his link with nature and his sense of time in relation to nature.

The only possible way to reconnect is through yoga. When we start practising yoga, we begin to understand our role in

the environment. We begin to understand the elements we are composed of. As long as we live in the world of senses we will live in duality and never be able to understand our nature.

To understand nature we have to rise above duality. We have to be able to understand the oneness of ourselves with creation, and there is no science other than yoga that can give us that knowledge in such a perfect and systematic way.

*– 4 June 2010, Bija Yoga, Brittany, France*



**January** – From 2nd to 6th, the Ashram Life, Yoga and Satsang week took place in which over 500 people from all over the world participated.

**February** – From 5th to 7th, Basant Panchami was celebrated at Ganga Darshan. Yoginis from the Lalita Mahila Samajam Ashram, Thirueengomalai, Tamil Nadu, conducted havan and the ancient Sri Vidya pooja in Yajnashala.



**March** – From 6th to 9th, Ramacharitamanas Katha was held at Shivalaya, Munger. Swami Rajeshwarananda from Vrindavan conducted the katha with stories and bhajans.

**May** – On 6th, Akshaya Tritiya was celebrated with Sri Yantra abhisheka to the chanting of special stotras.

**July** – From 12th to 15th, Swami Nirnanjan celebrated Guru Poornima at Paduka Darshan Ashram. Over 5,000 people participated in the program each day from overseas, India and Munger.

**August** – On 28th, at the 3-day, state-level shivir for active members and office-bearers of Banwasi Kalyan Ashram, Swami Nirnanjan spoke on the development of Indian culture, the need for health, education, self-effort and cooperation, and on his mission. Over 500 people had gathered at Shivalaya, Munger, where on 29th, the children of BYMM led a grand kirtan and bhajan program for the participants of the shivir.

**December** – From 15th to 21st, the Ashram Life, Yoga Satsang week attracted 380 guests from all over India, 185 guests from 28 countries also participated in the activities of the week. Acharyas from around the world gave the APMB classes and yoga nidra sessions. On the last day, everyone was invited to have darshan of Ma Ganga at Sannyasa Peeth.

# Sanyam

*Swami Niranjanananda Saraswati*

Imposed rules are structures, which keep a building up, like scaffolding. ‘Wake up at this time, eat at this time, work at this time, sleep at this time’ are imposed rules, but from the yogic perspective, real discipline is personal sanyam. *Sanyam* can be translated as control, restraint and self-discipline over one’s behaviour. It is something that one has to be constantly and continuously aware of.



## **Defining the parameters**

There is always a choice to either break the rules or to be responsible for our behaviour. If we are responsible for balanced behaviour, then that is discipline. However, first the parameters of the sanyam that we can and want to live have to be defined. These parameters are defined according to the place, environment and our need. If we keep in mind the environment, location and need, many of the abrupt behaviour that we encounter in our life can be managed.

The ashram tries to encourage an understanding of personal sanyam. There is silence at mealtimes, but many people don’t observe it. What should the ashram do? Should someone be standing with a stick watching who is talking and who is not? No, this is incorrect. However, if we are aware of the parameters of our sanyam, saying, “Within these parameters I am going to live,” then the conflict will not appear due to acceptance of and adherence to our choice. As long as we

are aware of and adhere to the personal discipline we have outlined for ourselves, we will not go astray. As long as we can maintain our sanyam, no matter what other people do, we will act in the right and appropriate way all the time.

Discipline is not an imposed rule, but it is needed to create a habit. The mind works due to habits – creating and breaking discipline is the nature of the mind. Discipline indicates how much we can be aware of ourselves, control ourselves and guide ourselves on the right path, by keeping the focus on our personal sanyam.

### **Management**

In an ashram what is the routine? We wake up, go to classes, do our duty, in the evening we attend the satsang or kirtan sessions and then we go to sleep. That is the average routine.

The challenge is that we have to manage what is in between. We have to manage the work front and our mind front, influences at the work place and the moods of the mind. These are the only two things that have to be managed.

The only way to manage the moods of the mind is by trying to be positive and optimistic. For that we have to cultivate a different perspective and vision. We have to make an effort not to see the wrong all the time, but to see the right always, not to see the bad thing, the bad behaviour of others and our own, but to see the good thing, the appropriate behaviour and beauty everywhere.

Therefore, if we can change our perspective from the attitude of: 'I don't like, I don't want', to a positive attitude, of: 'oh this is nice, and I accept it, I am flowing with it', then our personal mental struggle in regard to discipline, rules and regulations ceases. Indiscipline comes only when there is mental struggle. When our mental struggle ceases, we are disciplined.

*– 12 August 2012, Ganga Darshan, Munger, India*



**January** - On 28th, Basant Panchami, the foundation day of BSY was celebrated at Ganga Darshan.

**February** - A group of 40 Iranian ladies spent one month in the ashram.

**April** - On 24th, residents, students and guests observed the auspicious day of Akshay Tritiya by chanting the *Vishnu-sahasranama Stotra*.

**July** - On 3rd, Guru Poornima was celebrated at Ganga Darshan. Over 1,000 devotees from Munger paid their respect to the gurus, while 450 BYMM children added a touch of youthful joy.

**October** - Throughout the month, Ganga Darshan was teeming with children and youngsters who had come from different states of India to experience ashram life.

From 16th to 24th, the Ashwin Navaratri sadhana was conducted at Ganga Darshan, Paduka Darshan, Chandisthan and Dasbhujisthan temples in Munger.

**November** - On 12th, Diwali was celebrated in the new amphitheatre with kirtan by the BYMM children, a Rama bhajan and Sufi dance by the Yogic Studies students and a theatrical tribute to Swamiji, which drew from the music of *Jonathan Livingston Seagull*.

**December** - Christmas was celebrated at Ganga Darshan with the singing of Christmas carols, German, Swedish and Bulgarian songs, kirtan and dance.



# BSY Courses and Swamis

2004 to 2012

## BSY courses

Throughout the decade, BSY conducted various programs at Ganga Darshan: Health Management courses, Yogic Studies and Gurukul Lifestyle courses, Teacher Training courses, Yogic Lifestyle and Science courses, Kriya Yoga, Ajapa Japa and Prana Vidya courses, and special courses for children, corporate management and doctors.

A new feature was the *Ashram Life, Yoga and Satsang* week, during which Swami Niranjanananda gave classes and satsang. Acharyas from around the world also gave classes and joined in the question and answer sessions.

## BSY swamis

BSY swamis conducted programs and shivirs throughout India, from the North East to the South, addressing professionals, the general public and children. They spoke in hospitals, schools, community halls, auditoriums, in villages and metropolitan cities. Wherever they went, they presented the many facets of yoga and possibilities of applying the practices and ideas in everyone's life.



In 2011 and 2012, swamis travelled extensively through many states of India, conducting programs to promote the Golden Jubilee Celebrations in October 2013 in Munger.

BSY swamis kept spreading the message of yoga in North and South America, Japan, Korea and the Middle East, Europe, New Zealand and Australia.

# BYMM – Bal Yoga Mitra Mandal

**2004** - On 20th September, children of Munger from classes 11 and 12 visited Ganga Darshan, for demonstrations by BYMM children and satsang with Swami Niranjan.

**2005** - From 1st to 15th June, YMM and BYMM members conducted classes for school teachers in Jabalpur.

From 2nd to 5th June, BYMM conducted a yoga course at the Polo Ground, Munger.

**2006** - On 14th February, Bal Yoga Diwas, Children's Yoga Day, was celebrated at the new Yoga Vidya plot of Ganga Darshan.

**2007** - Bal Yoga Diwas was celebrated on 14th February.

From 6th to 11th April, a group from Shimoga, Karnataka, attended a program conducted by BYMM.

From 15th to 18th April, BYMM conducted an introductory yoga course, and Swami Niranjan gave satsang.

From 31st May to 3rd June, BYMM conducted an introductory yoga program for 9,000 children at the Polo Ground, Munger.

From 13th to 24th June, BYMM conducted a Pracharak Satra at Ganga Darshan.

In August, BYMM conducted two courses at Ganga Darshan for its new recruits.

From 20th to 29th September, BYMM conducted courses at Ganga Darshan.



**2008** – On 14th February, Bal Yoga Diwas was celebrated with presentations of asana, dance and karate. The children also spoke on the work being done by BYMM.

From 5th to 8th June, BYMM conducted Bal Yoga Parichaya Satra, an introductory yoga program for children, at the Polo Ground, Munger. More than 8,000 children from Bihar and other parts of India participated. The children had kirtan, asana, relaxation and pranayama practices and played yogic games. The program was entirely organized by BYMM. Swamiji visited the program on the last day.

From 29th September to 2nd October, 26 children of DAV School, Jamshedpur, visited Ganga Darshan. BYMM gave asana, pranayama and chanting classes.

**2009** – On 14th February, Bal Yoga Diwas, Children's Yoga Day, was celebrated at Ganga Darshan.

**2010** – On 14th February, Bal Yoga Diwas was celebrated. The parents of over 500 BYMM children were invited to the ashram. From 26th to 31st March, 28 BYMM children from Jamshedpur visited Ganga Darshan. The group, which included speech and hearing impaired as well as physically and mentally challenged children, participated in ashram life, had asana, pranayama and yoga nidra classes, played games and interacted with the children of BYMM.

Throughout the year, the children of BYMM were an integral part of the programs and Yogadrishti Satsang Series. With great skill, ease and efficiency they managed their duties, and the joy of their kirtan uplifted everyone present.

**2011** – On 14th February, Bal Yoga Diwas was celebrated. The parents of over 450 children came to the ashram. The children created and conducted a program of speeches, kirtan, bhajan and havan.

**2012** – On 14 February, BYMM celebrated Bal Yoga Diwas.

From 9th to 12th May, a group of 11 adults and 13 children aged 8 to 14 from Akola, Maharashtra, visited the ashram. They joined in the activities and had yoga classes conducted by BYMM.

# YYMM – Yuva Yoga Mitra Mandal

**2004** – From 1st to 7th February, YYMM conducted courses at Barauni Refinery and Ganga Darshan.

In June, YYMM conducted camps in Bhuj, Gujarat.

**2005** – YYMM conducted classes for one month in Indore, MP.

**2007** – From 13th to 19th May, YYMM conducted a course at Ganga Darshan for aspirants from Dharhara and Sangrampur.

**2008 to 2011** – Over the years, YYMM members became increasingly involved in the ashram activities. They were

demonstrators and assistants for various courses held at the ashram and outside. They assisted with the organization and management of programs, and their presence has become vital at Ganga Darshan.

**2012** – Throughout the year, members of the YYMM assisted BSY swamis during programs in Ganga Darshan and in other locations of Bihar.

From 27th to 29th July, YYMM conducted an introductory yoga course for more than 400 high school and college students of Munger district.

From 6th to 12th August, a follow-up 'Foundation 1 Course' was conducted for 100 selected students who also participated in ashram life.





# Taking Yoga to the Villagers around Munger

*Rishi Arundhati, Canada*



SEWA, Self-Employed Womens' Association, was started in Gujarat by Mrs Ela Bhatt, a lawyer by profession. Self-employed women had no social security or health care benefits like women working for a firm. Therefore, this association was founded to give self-employed women a voice to approach the government.

This association has been awarded three major honours by the Indian Government. Recently, Ela has been awarded Honorary Doctorates from Harvard, Yale and Princeton Universities in the United States as well as many universities in Canada.

Ela and I met several years ago when she came to Canada to visit her sister who is one of my yoga students. She has maintained her personal yoga practice ever since and introduced yoga classes at the SEWA training centre.

When I came to Bihar School of Yoga, Ela asked me if I would meet with Nutan Singh, the secretary of SEWA Munger. Swami Nirajan knew some of the representatives in Munger through the Maa Dashbhujji Pariwar in Munger a Devi temple where he gives satsang every year at Navaratri.

### **Visit to Jalsakra village**

On 14th March I went with two of the sannyasa trainees and some SEWA representatives to Jalsakra, a remote village where self-employed women were helped out of their state of poverty. The women make leaf plates using material from trees which they gather in the forest. These plates are used by the ashrams in Munger and Rikhia during the large programs which thousands of people attend.

With the help of SEWA Munger these ladies have learnt to save a little of the money they earn in order to purchase a solar panel to provide electricity in their home, for there is no electricity in the village. They were able to purchase solar panels through microfinancing. They can also borrow money through microfinancing at 2% interest rather than the 10% charged by money lenders. In this way microfinancing brought electricity to their homes and village.

We had the opportunity to teach some basic yoga techniques such as *tadasana*, *tiryak tadasana*, *kati chakrasana* and *dwikonasana*, since their main complaint was back problems due to the work they do. They also asked how to deal with digestive complaints such as acidity. We explained *kunjal kriya* to them since they had just done the first three asanas of *shankhaprakshalana*. Afterwards we taught simple *nadi shodhana* and gave them a brief *yoga nidra*. We finished the session with *kirtan* which they thoroughly enjoyed.

We visited another group of ladies in Fulkiya village who make incense sticks. It was most interesting to observe and learn that these items which we use daily in the ashram are each rolled by hand.



### **More women workers**

The following day we were taken to the Maa Dashbhujji Pariwar in Munger and from there to 3rd Railway Gunti to meet families that have lived for generations on Railway property with the permission of the railroad company. However, due to a new railway line they were being forced to move. SEWA Munger has managed to get the government to award these people some land just outside Munger and agree to build them houses with proper sanitation.

Then we were taken to SEWA Shram Sugandhit Producer Company Ltd., where many women work adding scent to the incense sticks, and packaging them for shipment to ITC, India Tobacco Company, who purchase them to sell. From the factory we were taken to Mai Dariapur, an agarbhati centre where the agarbhati is graded before being sent to the factory for scenting. We taught these ladies pawanmuktasana, anti-rheumatic exercises, simple nadi shodhana and yoga nidra. The women at this centre expressed a wish to have regular yoga classes provided for them by Bihar School of Yoga.

At the SEWA Munger office, we met workers who travel to remote villages to help the villagers with health care, education

for the children and other advice. Many health care workers were interested to learn yoga techniques for back problems. We taught them shavasana, spinal massage exercises, pawanmuktasana, kandharasana, supta udarakarshanasana, simple nadi shodhana and yoga nidra.

On 30th March, we returned to Jalsakra village to teach more yoga. This time more women attended. We taught them pawanmuktasana, anti-rheumatic exercises, nadi shodhana and yoga nidra. Since one of the ladies could read, we took a copy of *Asana Pranayama Mudra Bandha* and, at Swamiji's suggestion, a copy of the book *Yoga Nidra* from which she could read the yoga nidra practice to them. Since it was Navaratri we finished our session with a Devi kirtan. As we were leaving they asked, "When will you come again?"

For me it was an enlightening experience to see their hunger for yoga classes and the effect of the aid provided by SEWA Munger: bringing electricity into their homes, setting up schooling for the children, health care advice and encouraging them to move out of a state of poverty and indebtedness by learning how to save a small amount of their monthly income. The memories of the eager faces and winning smiles of the women will remain with me.

– March 2012



## *The Happiness that I Seek*



What is the happiness I seek?  
Not to win the race.  
But to understand the face of failure.  
For through it I have learned to run  
And not to fear the doubts of my mind.  
It is they that have shown me  
Where the road lies narrow and hardest to pass.  
Through the forces of the world around me,  
Even when I feel tired and oppressed,  
I shall find the way to increase my own strength  
And stand in awe of the pattern of the universe.

—Swami Satyananda Saraswati

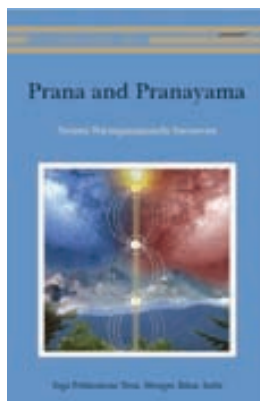


## Prana and Pranayama

362 pp, soft cover, colour plates, ISBN 978-81-86336-79-3

*Prana and Pranayama* is a comprehensive text on the classical philosophy of *prana*, life force, and *pranayama*, the expansion and control of the life force. It provides a complete description of the science of pranayama as presented in the classical texts and as taught in the Satyananda Yoga tradition by Bihar School of Yoga.


The first part of the book explores the theory of prana and its related yogic concepts. Secondly, it expands upon respiratory physiology and research on pranayama. In the practical section, specific guidelines for practising pranayama are given, using detailed instructions and illustrations. Throughout the text, scriptural sources further enhance the reader's understanding, bringing to light the original essence and intent of these classical teachings.



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## Satyananda Yoga Websites

[www.biharyoga.net](http://www.biharyoga.net)

The official website of Bihar Yoga. Includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati, Sivananda Math activities, Sita Kalyanam events, Yoga Publications Trust catalogues.

[www.rikhiapeeth.net](http://www.rikhiapeeth.net)

The Rikhiapeeth blogspot posts a satsang of Sri Swami Satyananda daily on a wide range of topics concerning spirituality.



### Living Yoga with Swami Niranjan

[www.biharyoga.net/living-yoga/](http://www.biharyoga.net/living-yoga/). Dedicated to the vision and mission of Swami Niranjananda Saraswati, the spiritual successor of Sri Swami Satyananda Saraswati, it contains news and articles.

[www.yogamag.net](http://www.yogamag.net)

The official website of YOGA magazine. Includes world-wide links to Satyananda Yoga centres and teachers, a brief history of YOGA magazine, news and more.

### Avahan Online

[www.biharyoga.net/sannyasa-peeth/avahan/](http://www.biharyoga.net/sannyasa-peeth/avahan/). Provides online access to *Satyaka Avahan*, the bi-monthly magazine of Sannyasa Peeth, which contains the higher teachings of Sri Swami Sivananda, Sri Swami Satyananda and Swami Niranjananda, along with the programs of Sannyasa Peeth.



### World Yoga Convention blogspot

[www.wyc2013.com](http://www.wyc2013.com). For useful information about attending the Convention, updates on the program and Golden Jubilee activities of Bihar School of Yoga.



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## Ganga Darshan Events & Courses 2013

Sep 8	Sivananda Janmotsava
Sep 12	Swami Satyananda Sannyasa Diwas
Oct 23-27	Golden Jubilee World Yoga Convention
Every Saturday	Mahamrityunjaya Havan
Every Ekadashi	Bhagavad Gita Path
Every Poornima	Sundarkand Path
5th & 6th of every month	Commemoration of Sri Swami Satyananda's Mahasamadhi

### *Basant Panchami 2014*

Basant Panchami of 2014 marks the 51st celebration of the Bihar School of Yoga. On this yogic occasion a special nine-day program will be conducted at Ganga Darshan Vishwa Yogapeeth, consisting of:

1. 24th January to 3rd February: daily discourses on the sacred epic of *Ramacharitamana*s given by Pandit Shambhu Sharan of Kolkata.
2. 1st to 3rd February: the ancient and sacred Sri Yantra Aradhana conducted by the Yoginis from the Sri Lalita Mahila Samajam, Thirueengoimala, Tamil Nadu.

This yogic celebration will culminate on 4th February, Basant Panchami, the 51st Foundation Day of the Bihar School of Yoga, with the auspicious Sri Saraswati Havan, the chanting of stotras, bhajans and mantras, and darshan of Satyam Vatika and Panchagni Sadhana sthal.

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#### ***For more information on the above events contact:***

Bihar School of Yoga, Ganga Darshan, Munger, Bihar 811201, India

Tel: 06344-222430, 09304799615, 06344-228603 Fax: 06344-220169

Website: [www.biharyoga.net](http://www.biharyoga.net)

A self-addressed, stamped envelope must be sent along with enquiries to ensure a response to your request