

YOGA

Year 2 Issue 6

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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

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

Front cover: Swami Niranjanananda seated on Rama's Rock, Chitrakoot, 1994

Plates: 1–2: Ganga Darshan, Munger, 1994; 3: BYB Inauguration, 1995; 4: Rudrabhishek, 1997; 5: BYB class, 1998; 6: Thane, 2001; 7: Australia, 2002; 8: Munger, 2003



GUIDELINES FOR SPIRITUAL LIFE

Physical and Mental Austerity

Austerity, or *tapas*, purifies the impure mind. It destroys passion, anger, desires and egoism, and generates dispassion and discrimination. The aspirant who bears heat and cold does physical *tapas*. He increases his power of endurance, but he may not be able to bear insult. He has disciplined only his physical body, but has no control over the mind.

However, to keep a balanced mind in all conditions of life, to bear insult and injury, to be ever serene, contented and peaceful, to be cheerful in adverse conditions, to have fortitude in meeting danger, to have presence of mind and patience are forms of mental *tapas*. *Tapas* is spiritual discipline, worship, *sadhana* and meditation.

—Swami Sivananda

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The Yogi is superior to the ascetic. He is deemed superior even to those versed in sacred lore. The Yogi is superior even to those who perform action with some motive. Therefore, Arjuna, do you become a Yogi. (*Bhagavad Gita VI:46*)

तपस्विभ्योऽधिको योगी ज्ञानिभ्योऽपि मतोधिकः । कर्मिभ्यश्चाधिको योगी तस्माद्योगी भवार्जुन ॥

Spirituality

From the teachings of Swami Sivananda Saraswati

Spirituality means growing into the form of the divine ideal. It is the transformation of one's nature from human to divine. Spiritual aspirants can hope to achieve perfection only when they effect this transformation. It is purification and change of heart that makes *dharana*, concentration, and *dhyana*, meditation, possible. To grow in *sattwa* they must entirely destroy the negative side of their nature. Aspirants should never imagine for a moment that they are anywhere near the goal unless and until they strive with earnestness and diligence to rid themselves of negative tendencies and become established in a pure, ethical character.

Spiritual aspirants should remember this point clearly and know that this is what true spirituality is. They must fully realize the importance of becoming a changed individual ethically and morally. The danger of self-deception must be carefully avoided.

Regularity in *sadhana* is of paramount importance and on no account should *sadhana* be left or frequently changed. Aspirants should not imagine that they have scaled the heights of spirituality, but patiently wait for results.

Prayer is a means for self-culture. Without prayer spiritual aspirants do not have the strength to do *sadhana* entirely through self-effort. Self-effort is sustained by prayer, whereas without self-effort prayer is hollow and empty. It is like asking for one's wages without having done any work. Prayer and perseverance on the spiritual path is what is needed.

When the nature of the individual is changed, purified and prepared, divine grace will flow by itself and illumination will flash in the soul. Bliss or *ananda* will spontaneously fill them once they have emptied themselves of harshness, egoism, pride and passion. Divine perfection will be theirs.

Selfishness naturally creates discord, disharmony and destruction, whereas selflessness leads to perfect peace, harmony, progress and happiness. Where there is kindness, humility and purity, spirituality springs up, saintliness shines, divinity descends and the Divine manifests itself.



January – Swami Niranjan gave satsang, lectures and initiations at the All-India Convention in Jabalpur. Each evening session closed with the chanting of the *Ramayana*.

January–March – Swami Niranjan's village program began with a ten-day program in Sitakund conducted by swamis from BSY, followed by a seminar in Maranchi and a ten-day yoga camp in Patam village.

March – A program for scientists from the All-India Atomic Group was conducted at Ganga Darshan.

April – Swami Niranjan conducted a convention in Patna. For one week before and after the convention, BSY swamis gave classes to bankers, soldiers, prisoners, electricity board officials, Bihar military police, medical staff, school children and teachers. Swamiji's press conference was attended by fifty reporters, who demonstrated great interest in his message.

May–June – Swami Niranjan travelled to Mangrove Mountain, Australia. His one-month program commenced with Poorna





Sannyasa Week, emphasizing Vedanta and the tradition of sannyasa as exemplified by Swami Satyananda. The Karma Sannyasa Week emphasized karma yoga and the *Bhagavad Gita*. It was followed by a Festival of Yoga for the hundreds of people who came to meet him and experience ashram life. En route to India, Swamiji gave satsang in Singapore.

July – On 22nd July, Guru Poornima was celebrated at Ganga Darshan with havan, kirtan, initiations, discourses on the *Ramayana* and satsang by Swamiji.

August – Swami Nirajan conducted the Satna Yoga Convention. He visited Chitrakoot and addressed Gayatri Shaktipeeth volunteers, university students and volunteers.

Swamiji conducted a program in Mumbai, including an open discussion for several hours with a group of psychiatrists.

September – Swami Nirajan conducted the Akhil Bharatiya Yoga Sammelan in Bokaro.

October–November – Swami Nirajan conducted programs in Italy, England, Wales, France and The Netherlands.

December – About six hundred devotees from around the world visited Ganga Darshan as part of an international pilgrimage. There were daily satsangs, Kriya Yoga and Swara Yoga courses.

Ashram Environment

Swami Niranjanananda Saraswati



Everyone should learn to understand and appreciate the rules of the ashram. An ashram has a definite role to play in everyone's life. People may have a cantankerous attitude towards the ashram, the people and everything. Or they may have a jolly attitude towards everyone and everything. They may have an attitude of inspiration, or one of dejection. These are personal approaches, which do not in any way affect or alter the purpose and direction of the ashram.

Retraining

An ashram provides people with something which is not easily available in society. The ashram is not aloof from society. It is definitely a part of society, but it represents a specialized institution or organization, a place of training and learning of a definite subject.

This specialization is a training ground where one can learn to retrain one's entire being, personality and body in order to gain a deeper experience of one's actions, interactions and creativity.

From the time of birth, there has been nothing but an urge to attain status in life, name and recognition, as well as facing the ever-recurring experiences of pain and pleasure, dissatisfaction and satisfaction. However, in the ashram the individual learns how to stand back from these daily occurrences and develop a balanced, harmonious, positive and creative attitude through discipline, which is an integral part of the ashram environment.

Discipline

Discipline does not mean following a specific routine or schedule, but finding ways and means of controlling the dissipation and distraction of the senses, the *karmendriyas*, organs of action, and the *jnanendriyas*, organs of perception, and directing and guiding the activities of the mind. This is known as discipline and every external aid can be utilized.

Yoga should not be confined to the classroom environment or to asana and pranayama only. Every effort should be exerted to make yoga a part of one's life so as not be swayed by the normal destructive tendencies of the senses and mind.

Gossip and criticism are natural yet destructive tendencies, as are talking and thinking negatively. Feelings of hatred, anger or jealousy are other forms of negative tendencies. Discipline eventually leads us to *sanyam*, restraint, of the senses and mind. With *sanyam* one becomes a yogi, but it must be imbibed from the ashram environment.

Indriya sanyam, control or restraint of the senses, and *man sanyam*, control or restraint of the mind, are important aspects of ashram life and apply to everyone who enters through the gate, whether they are coming for the first time or have been ashram residents for twenty years.

Yoga should not be confined to the ashram environment, in the spirit of learning something worthwhile for life. If

ashramites or guests are studying, writing or reading in the room or library, it should become a part of jnana yoga. If they are singing kirtan and listening to satsang, it should become a part of surrender and bhakti yoga. If they are working in an office or kitchen, cleaning or sweeping, with ambition or without ambition, it should become a part of their continued effort and part of karma yoga. In this way they can definitely make every moment of life a yogic moment. It is this spirit, concept, idea, this way of thinking and living which is to be absorbed from the ashram environment.

It is, therefore, necessary that aspirants know the importance of this ashram. It is neither a five-star nor a no-star ashram. It is not an ashram which is big or small. It is an ashram which tries to infuse certain ideals into the environment for everyone to understand. If people are able to absorb it, well and good; if not, they are the losers. However, while people are here, they must live according to the sanctity of the ashram.

*2 August 1994, Ganga Darshan, Munger
– printed in YOGA Vol. 5, Issue 6 (November 1994)*



January - Swami Niranjan inaugurated the All-India Convention in Rajnandgaon, and gave satsang.

Shankaracharya of Sringeri Sharada Peetham, HH Bharati Teerth Mahaswami, blessed the convention.

March - En route to Australia, Swami Niranjan conducted a convention in Kolkata.

He spoke at the Rotary Club, gave a press interview and public lecture at the CIT

pavilion. Swamiji and swamis from BSY gave lectures to doctors and medical staff at Kothari Medical Centre. Swamiji delivered a lecture at the Bharatiya Sanskriti Sadan and at the Ladies Study Group.

April - Swami Niranjan toured Australia for one month. He gave a public lecture at Forestville Memorial Hall, Sydney, inaugurated the Holistic Yoga Therapy Centre in Gosford, and the Sydney Yoga Therapy Research and Education Centre. Swamiji then travelled to Victoria, where he conducted a 'Gathering of Yoga' at Satyananda Ashram, Rocklyn. He gave a public lecture at the



Camberwell Civic Centre, Melbourne, and then travelled north to the Gold Coast. He inaugurated the new Yoga Darshan Ashram at Uki, northern NSW. Swamiji conducted a 'Pratyahara and Meditation' week at Mangrove Mountain and an Open Day program which he concluded by giving each swami a positive sankalpa or resolve for the future.



May - Returning to India via Singapore, Swami Niranjana spoke at the Sindhi Community Centre and at the Shiva temple.

July - Swami Niranjana presided over the Guru Purnima celebrations at Ganga Darshan with a sadhana shivir, discourses and discussions.

Swamiji gave satsang at the Raipur ashram.

August - Swami Niranjana inaugurated a Yoga Festival in Bhilai.

October - Swami Niranjana visited Colombia for the International Yoga Convention in Bogota. It was attended by spiritual leaders, doctors and businessmen from Colombia and other countries, presenting their experiences of applying yoga in their lives.

Swami Niranjana travelled to Germany, met with devotees and delivered lectures at Bad Koenig. People from twelve European countries attended this gathering.

December - Swami Niranjana gave satsang in Bangalore at the Vivekananda Yoga Kendra Convention to an audience of doctors, scientists, philosophers, psychologists and yoga therapists. He inaugurated the buildings at the ELA ashram farm and conducted bhoomi pooja at the Vanaprastha Yoga Niketan Home for the elderly in Bangalore.

This year, Satyananda Yoga Academy, Bogota, Colombia, was established with the aim to preserve the integrity of Satyananda Yoga.

Process of Yoga

Swami Niranjanananda Saraswati

The life and the personality of every individual is an expression of the three faculties of head, heart and hands. They represent everyone's mental and emotional expressions and interactions in the world.

Head, heart and hands

Initially, when aspirants come to yoga and learn practices of meditation and higher yoga, they use their head, their intellectual abilities, to understand the process. This is obvious in the practices of raja yoga, where the entire topic deals with the transformation of the human mind and perception.

Transformation of the human mind is necessary in order to come out of one set of archetypes into another. If yoga provides aspirants with a universal and global vision, it becomes easier to understand that the individualistic trait of the human personality is transcended through the practices of raja yoga. Ultimately, raja yoga is converted to the practices of *jnana yoga*, the yoga of knowing what one's relationship is with other people, the world, the cosmos and God. It has to be a living experience and not an intellectual concept.

The hands are another aspect. Acting and living in the world represents how the wisdom of inner transformation in day-to-day social and family situations can be used. Once the mind frame is changed, actions change externally. Once the individualistic trait of personality is abandoned, one's expressions and actions will become more social and global. Once the selfish tendency is left behind, one becomes more unselfish and caring of other people. Once the state of ignorance is overcome by transforming the mind through raja yoga, actions in life will be joined with wisdom. Therefore, the action that happens in the world takes a different dimension

of supporting and uplifting the immediate members of the family and others who are far away.

The scale

With harmonized action, it is possible to come in touch with the qualities of the heart and to express them. If we have to create a visual impression of the process, we are at the lower end of the scale, at zero level. Beyond comes the practice of raja yoga which begins from level one to level four. The practice of karma yoga, to manage the expressions in life, will fall between level five to eight. From nine to twelve, the other end of the scale, come the practices which help us manage our emotions and provide us with an understanding of a personal relationship with God, through the process of bhakti yoga.

In our life these three yogas are most important for they deal with the qualities of the head, hands and heart.

– 21 October 1995, Bogota, Colombia



BYMM – Bal Yoga Mitra Mandal, Children’s Yoga Fellowship

1995 – On 3rd October, Swami Niranjan established Bal Yoga Mitra Mandal (BYMM), the Children’s Yoga Fellowship.

1996 – In June, Swami Niranjan attended the final session of an Introductory Yoga program organized by BYMM, Munger, at the Polo Ground for over 5,000 children.

1997 – From 12th to 15th June, BYMM, Munger, organized



the world’s largest Introductory Yoga Course for Children with more than 6,600 participants, and from 8th to 15th, a residential Child Yoga Propagator Course at Ganga Darshan.

In August, two teams of eight children from BYMM, Munger, went to Delhi to teach children yoga in 6 primary and 6 secondary schools. About 2,300 school students received yoga training.

From 15th to 29th October, a Children’s Introductory Yoga Course was conducted by BYMM children at the invitation of the Munger District Magistrate. 115 Child Yoga Propagators and Instructors taught yoga classes in 63 schools throughout the district giving 2017 students basic training in yoga. From these, 500 were selected for more advanced training.

In November, Swami Niranjan met parents, teachers and 750 children who constitute the core group of BYMM. He

distributed certificates of appreciation to Bal Yoga Pracharaks (propagators), who are invited to conduct yoga classes all over the country.

1998 – In January, BYMM selected 231 students from more than 30 schools to be trained as child yoga demonstrators at Sivananda Ashram.

From 11th to 14th June, BYMM organized a yoga course at the Polo Ground, Munger, in which 4,000 children participated. From 5th to 17th September, BYMM Child Yoga Propagators taught 1,400 children in 33 schools, and 400 were selected for advanced training.

From 21st to 23rd December, BYMM propagators conducted a program at St Joseph's School, Ghatsila.

1999 – BYMM structured their training according to geographical zones. Propagators gave classes for more than 2,400 children in 8 schools in January.

From 28th January to 3rd February, training for demonstrators was given for newly selected students.

From 4th to 14th June, a BYMM Propagator course was conducted at Ganga Darshan for children from Munger, Delhi, Ghatsila, Bilaspur and Kondagaon.

From 10th to 13th June, Swami Niranjana inaugurated a yoga program for 6,000 children at the Polo Ground, Munger.

2000 – From 4th June to 15th October, a BYMM/YRF research project was conducted involving 700 children.

From 25th to 28th June, BYMM conducted a program for 6,000 children at the Polo Ground, Munger. Sri Ramnandan Yadav, DM, Munger, and Abdullah Bukhari, Imam of Jama Masjid, Munger, attended and Swami Niranjana addressed the children.

2001 – From 15th to 21st January, BYMM propagators conducted a Children's Yoga course for students from Saraswati Vidya Mandir at Rajgir.

From 1st to 10th May, BYMM conducted a children's camp at Satyananda Ashram, Rajnandgaon.

From 1st to 9th June, BYMM Propagators conducted a

program with Satyam Seva Kendra, Kolkata.

From 12th to 18th September, BYMM conducted classes for 5,000 children in 385 centres in Munger, Jamalpur, Bariarpur, Sitakund, Maheshpur, Nauagarhi, Itahari and Janakinagar for the project 'Bihar Yoga: From the Ashram to the Rooftops of the Town'.



Sister Lalita, principal of Notre Dame Academy, Munger, organized a project in November and January where students in Standards IV to VII participated in yoga classes conducted by BYMM.

2002 – In January and February, BYMM conducted classes for teachers and at Munger Jail.

From 15th January to 18th February, a team of 12 Sannyasa Course students and six BYMM Propagators conducted 150 five-day yoga camps around Kolkata.

From 26th January to 3rd February, BYMM conducted one-week camps in Sitakund, Shankarpur, Katerya and Bindwar. Swami Nirranjan gave satsang.

Swami Nirranjan addressed an Introductory Yoga Course for women organized from 1st to 8th March by BYMM (Bal Yuva Yoga Mitra Mandal) in 35 centres in Munger.

BYMM selected 250 children for the Yoga Training Group from 1st to 7th February, held a Children's Yoga Day at Ganga Darshan on the 14th, conducted three yoga courses from 21st to 28th at the ITC Workers Institute, Bariarpur, and in Janakinagar, and a course at Sivananda Ashram from 21st to 28th.

In March, BYMM organized courses at the ITC Workers Institute and at Sivananda Ashram, Munger. They taught prisoners in Munger Jail and gave classes for Examination Council students.

From 15th to 21st April, BYMM organized a Children's Introductory Yoga Festival in 39 high schools in Bhagalpur. On 28th April, Swami Niranjana inaugurated the first 'Yoga Before and After Class' program for BYMM in Saraswati Shishu Mandir, Bekapur.

From 25th to 30th April, BYMM propagators and instructors conducted classes in 23 villages.

In May, BYMM conducted camps for Bihar teachers and principals. BYMM members conducted classes in Munger Jail and a yoga course for 2,555 children at the Polo Ground, Munger.

250 volunteers from BYMM, BYMM, YMM, Yoga Mitra Mandal and Mahila YMM, Munger, conducted relief work on behalf of Sivananda Math for families devastated by a fire in Tikarpur, Munger.

From 1st to 10th July, BYMM propagators conducted courses for 4,695 children in 11 schools.

From 12th to 18th September, BYMM's Yoga Learning Group conducted an Introductory Yoga Course for 6,315 children, organized on a regional and zone basis. Swami Niranjana presented certificates to BYMM teachers and organizers.

From 1st to 6th November, BYMM gave classes to over 1,000 parents

2003 - From 15th to 29th January, BYMM conducted camps for 1,200 children at BMS DAV and CCL DAV public schools and Mount Carmel convent.

From 21st to 30th January, BYMM conducted courses at 5 centres in Munger and 12 centres in Bariarpur districts, and coordinated yoga examinations for 5,000 students.

Children's Yoga Day, Bal Yoga Diwas, was celebrated on 14th February at Ganga Darshan with havan, bhajans, kirtans, dance and karate displays. Swami Niranjana gave satsang and distributed prasada.

From 28th April to 7th June, BYMM and BYMM gave classes organized by Satyananda Yoga Kendra, Indore. Demonstrator 1 and 2 courses were also conducted.

BYB – Bihar Yoga Bharati



1995 – 8th September marked Swami Sivananda’s 108th birth anniversary and the germination of another seed of his inspiration as the first official course of Bihar Yoga Bharati was inaugurated at Ganga Darshan. The four-month Certificate Course in Yogic Studies opened to students.

1996 – In January, BYB commenced its first one-year Diploma Course, marking the next step in establishing the university. Visiting lecturers hailed from India, Sweden and Colombia. In February, BYB’s second Yoga Certificate course in English commenced with 28 students from India, Australia, USA, Bulgaria, New Zealand, Germany, Spain, Italy, Colombia and Yugoslavia.

Henceforth, every year in February (Hindi) and October (English) four-month Certificate Courses started.

In August, BYB conducted its first postgraduate course in the Department of Yoga Philosophy. Swami Niranjan gave a series of lectures to set the standard of presentation.

On 8th September, Swami Sivananda’s 109th birthday, the anniversary of BYB was celebrated.

1997 - In August, BYB's Yoga Diploma Course commenced with students from Australia, England, Malaysia, India, Latvia, Switzerland, Austria, Spain and Iran.

1999 - On 3rd and 4th July, Swami Niranjan escorted the first batch of BYB postgraduate students in Yoga Philosophy to Rikhia. Swami Satyananda handed the degree to each of the ten students. He acclaimed yoga philosophy as the basis of other yogic disciplines and inspired them to become people who give to others.

2000 - On 7th June, Bihar Yoga Bharati was recognized as a deemed university by the Government of India.

2001 - On 27th May, BYB students visited Paramahansa Alakh Bara, Rikhia, to receive the blessings of Swami Satyananda.

2002 - On 12th November, Swami Niranjan presided as Chancellor over the first convocation of BYB.

2003 - On 12th September, the second Convocation of BYB was held at Ganga Darshan with an address by Swami Niranjan.



First University of Yoga

From Bhakti Yoga Sagar Volume 7 by Swami Satyananda Saraswati

I arrived in Rikhia on 23rd September 1989, when day and night were equal. After I had been here for ten days, the work commenced. Astrologers have indicated in my horoscope that wherever I go, I will construct houses. On my parents' property I constructed houses and when I started living in my guru's ashram in Rishikesh I did the same. Now Sivananda Ashram in Rishikesh is like a city. During my time in Munger I continued constructing and the fort-like building which now houses the Bihar Yoga Bharati University was erected during my time. BYB is the first university of yoga in the world.



Yoga is the oldest heritage of the world dating back to the time of Lord Shiva who was a yogi. However, there was no proper university in the world to promote yogic studies and research. When we initiated a yoga university in Munger, the Chairman of the University Grants Commission remarked that it was a great moment for India as well as for the world that someone had conceived the idea of establishing a full-fledged university of yoga. The degrees and diplomas granted by this university have been recognized all over the world.

Students from around the globe come to study yogic science, as they did when the Nalanda University of Bihar's golden days was in existence. The Vikramshila and Takshashila universities also attracted students from around the world. In the same way, students from Korea, Colombia, Russia, Latvia, Iran and many other countries come to Bihar Yoga Bharati, Munger, to study yogic sciences. This is a big achievement for Munger.

– 15 December 2001, Rikhiapeeth

January – Swami Niranjan conducted satsangs at Bariarpur.

The 33rd Foundation Day of BSY was celebrated on Basant Panchami with havan, kirtan and satsang.

February – From 22nd February to 5th March, Swami Niranjan visited Australia.

March – From 9th to 10th, Swami Niranjan conducted a convention in Kolkata.

April – From 2nd to 5th, Swami Niranjan attended an All-India Yoga Convention in Sambalpur, Orissa. A medical symposium was held at the Gulan Medical College.

June – From 6th to 9th, Swami Niranjan presided over a National Yoga Convention in Bilaspur, MP. On 10th, he delivered talks at six venues in Korba.

July – From 20th to 29th, Swamiji conducted the Guru Poornima celebrations at Ganga Darshan. On 30th, Guru Paduka Poojan was celebrated.





October – From 10th to 13th, Swami Niranjana presided over the World Yoga Convention at the Sydney Showground, Australia. The theme was ‘Health, Education and Evolution’. Residential courses were conducted at Mangrove Mountain ashram and Swamiji gave satsang on Vedanta and the evolution of consciousness.

November – ‘The Integration of Yoga, Bhakti and Science in the 21st Century’ was the theme at the International Yoga Mahotsav in New Delhi, inaugurated by Swami Niranjana. He addressed scientists at DIPAS (Defence Institute of Physiology and Applied Sciences), and gave a research based lecture at a seminar organized by NIEPA (National Institute of Educational Planning and Administration) and NCERT (National Council of Educational Research and Training). At Pragati Maidan, Swamiji addressed the gathering and on 3rd, doctors at Sitaram Bagrodia Hospital. On 5th and 6th, Swamiji gave satsangs at a Yoga Convention in Jaipur. Children from BYMM, Munger, and Jaipur demonstrated yoga practices.



Classical Yoga

Swami Niranjanananda Saraswati



There have always been different approaches to yoga. Some people have called their system traditional yoga, scientific yoga, holistic yoga, and so on. Swami Sivananda called his yoga integral yoga, encompassing all the aspects of yoga for the homogeneous growth of the human nature, body, mind, emotions and spirit. Sri Swami Satyananda, called his yoga integral yoga, but with a stronger inclination towards scientific experience and experiment.

In the time of Swami Sivananda and Swami Satyananda such labelling was necessary. When Swami Sivananda was teaching yoga, fifty years ago, people had no concept of what yoga was. He decided to bring yoga out from a mystical environment to an environment suited to the people of that time, according to their needs. Swami Satyananda took this concept of yoga one step further. In order to validate previous yogic traditions, he emphasized the role of scientific research.

Science

The term 'classical yoga' describes a combination of traditional and scientific yoga. Tradition and science in the present-day environment evoke different kinds of images. Definitely, science is not equipped to validate all the claims of yoga due to the lack of scientific knowledge to interpret those claims.

Science cannot measure the subtle prana, not even with Kirlian photography. It can measure the electrical emissions, the positive and negative fields of the body, but there is no equipment to measure subtle states of energy.

Science cannot measure kundalini or chakras. Attempts have been made and they are not useless. However, they have only defined a fraction of the entire area. Science does not have the equipment or the level of knowledge to experiment with yoga. One can experiment with pranayama for it deals with the breath and with asanas as they stimulate, alter and affect the function and performance of the internal body organs and systems. With some equipment one may measure muscle tension, breath and pulse rate, blood pressure and brain waves.

However, it will be difficult to measure or validate the claims of yogis in relation to mudras and bandhas as they stimulate the subtle fields of energy. There will be difficulty in experimenting with states of meditation and samadhi. Modern psychology has not even been able to clearly define consciousness or what the functions, attributes and experiences of the unconscious are.

Classical yoga

Keeping this in mind, a synthesis between traditional yoga and scientific yoga has to develop. This synthesis is the classical yoga in which the concepts, theories and principles behind the yogic techniques, areas of experience, nature and personality must be known. It will take time to scientifically see the truth in these concepts. In the meantime, with whatever scientific knowledge is available, one must try to understand the traditional language and concepts and express that in modern language. So much can be done now. Therefore, the system of yoga which is being taught at Bihar School of Yoga has been named classical yoga, representing tradition and science.

– 1996, *Ganga Darshan, Munger*

January – Swami Niranjan inaugurated a one-year Sannyasa Training Course for Indian nationals at Ganga Darshan. From 16th to 22nd, Swamiji conducted a yoga gathering in Mumbai. He spoke to Rotary Club members at the Taj Hotel, at BARC, to staff members of the Indian Psychiatrists Association, and to senior police officers at Police Headquarters.



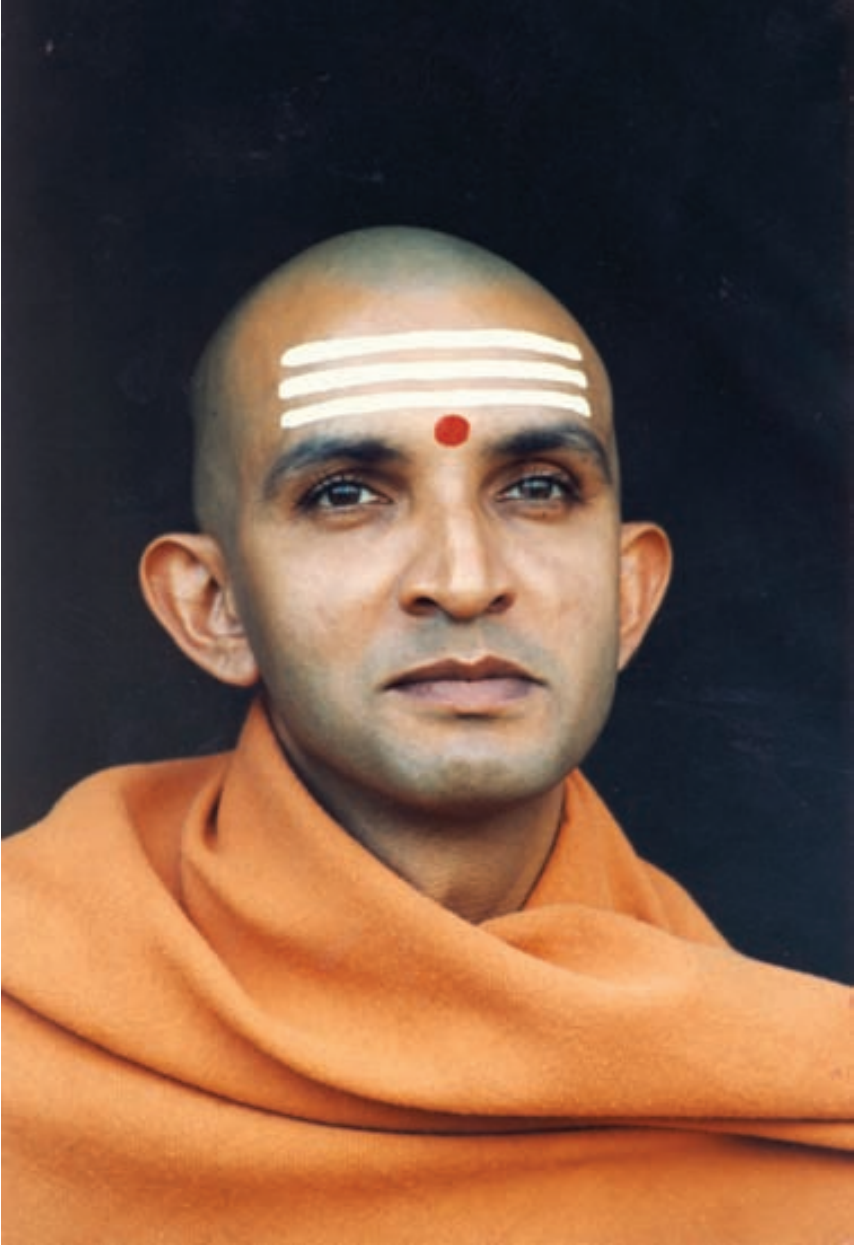
February–October – Under Swami Niranjan's guidance, to commemorate Sri Swami Satyananda's Sannyasa Golden Jubilee, BSY sannyasins conducted yoga yatras in 50 villages in Bihar and Ajmer, and in 52 villages in Rajnandgaon and 12 in Bastar District. Swami Niranjan presided over the Basant Panchami celebrations at Ganga Darshan.

April – From 24th to 27th, Swami Niranjan presided over the first European Yoga Fellowship (EYF) gathering at the Centre des

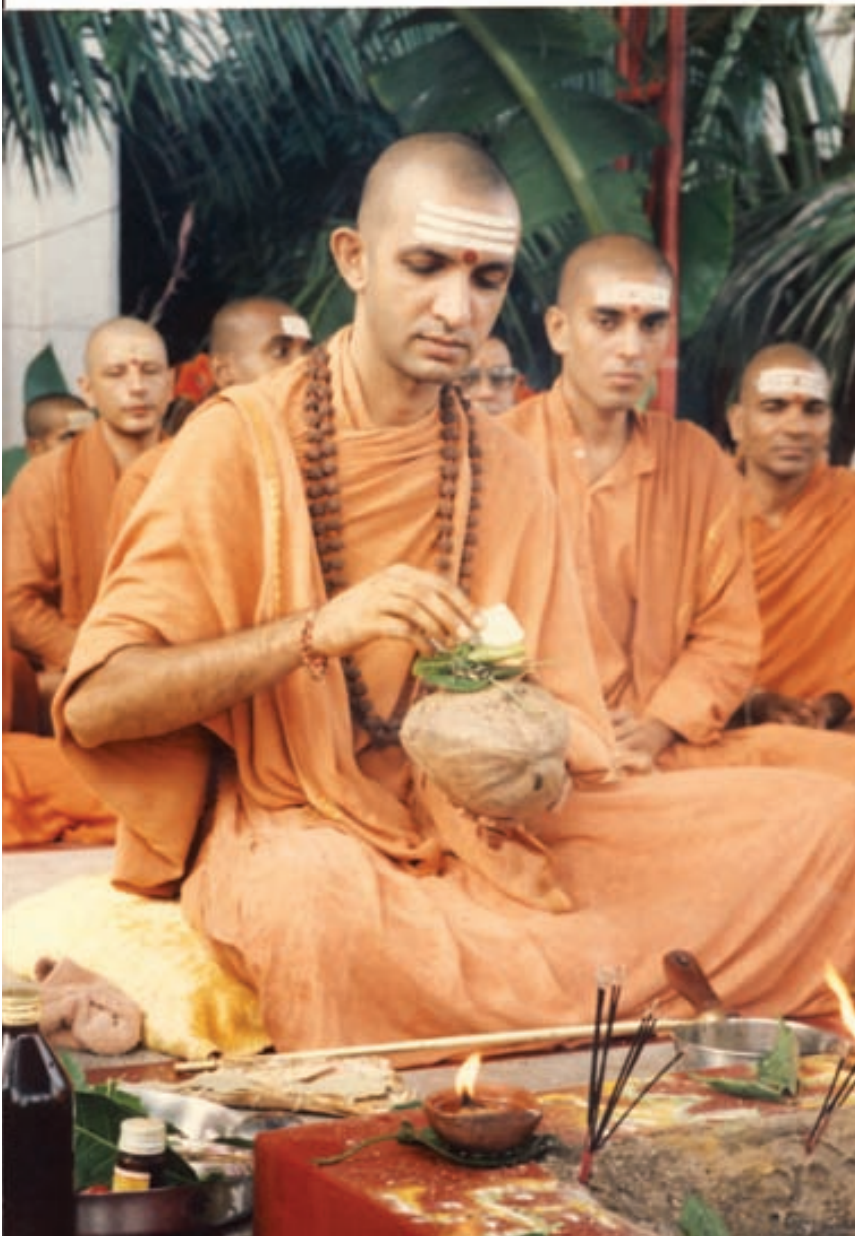




1994



1994



1995



1997



1998



2001



2002

2002



2003

Congrès in Aix-les-Bains, France. Later he travelled to Slovenia, London, Wales and Scotland to conduct programs.

June – From 5th to 8th, Swami Niranjan conducted a four-day Yoga Satsanga Samaroha in Bhagalpur.

July – From 18th to 20th, Swamiji presided over the Guru Poonima celebrations at Ganga Darshan.

September – From 8th to 12th, Swami Niranjan presided over the anniversary of BYB, and the traditional programs dedicated to Swami Sivananda and Sri Swamiji.

October – From 16th to 19th, Swamiji guided a Yoga Mahotsav throughout the rural areas of Gujarat.

November – Swami Niranjan visited the Patna Sahib Gurudwara, offered his respects and addressed the gathering. He also addressed a gathering of devotees at Panini Parisar.

December – From 18th to 21st, Swami Niranjan visited Nepal.

- Satyananda Yoga Academy Australasia was established in 1997 to preserve and regenerate the yogic sciences in the region by combining academic and scientific methodology with a spiritual vision.



The Vision of Yoga

From Yoga Sadhana Panorama 3 by Swami Niranjanananda Saraswati

Yoga has always meant connection for it believes that there is an intimate and subtle connection between the individual, the world and the cosmos. Once we become aware of this connection, which is individual, global and cosmic, our creativity becomes alive and we become fulfilled in all spheres of life. Connecting with nature, whether personal or cosmic, has been the aim of yoga.

Connection

Nature is multidimensional. Externally, in the physical sense, we connect with each other through the breath. We are breathing in and breathing out, but it is not only you or me, as individuals, who are breathing in and out. The entire world and all of nature is breathing in and breathing out. Plants, animals and human beings breathe in and out. Through the breath we are connected with our environment, with our fellow human beings and with all sentient beings.

Just as we are connected with each other physically through the breath, another connection exists. That connection is consciousness. In German the word 'atmen' means to breathe, and in Sanskrit the word *atman* means spirit. The breath is the connection in the external dimension, and the atman, the spirit or consciousness, is the connection in the internal dimension. When we breathe in or out, there is a process of expansion and release – liberation, freedom. Even the statement, "Give me air," indicates the desire to expand and experience freedom.

Shiva and Shakti

Expansion and freedom is also internal. In tantra this concept has been defined in beautiful terms as Shiva and Shakti. Shakti

is the force and energy which in the physical dimension is the breath. The subtle aspect of Shakti is energy, vitality, dynamism, movement. Shiva is consciousness.

It is the awakening or expansion of consciousness and the experience of freedom, liberation of energy, which come together. The practices to give this experience are the systems of yoga. There is another symbology, the dance of Shiva, where the Indian icon of Shiva is dancing. Many people may think that Shiva is a religious figure, but he is not. The word *shiva* means the auspicious nature or the auspicious consciousness, consciousness which is conducive to positive, harmonious and balanced growth. Therefore, the symbology and icon of the dancing Shiva represent a process of connection between the individual and the cosmos.

Multidimensional experiences

Just as nature is multidimensional, so yoga sees a human being as having different dimensions of experience. The first dimension of experience is the physical body. We identify deeply with the body or the physical structure for it is visible. One knows that it exists due to thoughts, rationality, contemplation, beliefs and ideas that one tries to implement in life. This subtle activity makes one aware that there is something known as the mind.

In the same way, another area of human experience is energy, the dynamic force known as *prana*. At the physical level, this prana is experienced as warmth in the body, as motion and as energy and vitality. At the subtle dimension, it is experienced as the life force, the breath, in the absence of which nobody could exist.

There is a relationship between the breath and the spirit. When a person stops breathing and the breath finally leaves the body, he dies. However, is it only the breath leaving the body and the body not breathing any more that brings about death? Or is it the exit of the spirit from the body? The German word *atmen* and the Sanskrit word *atman* were used to show

that there is a link between breath and spirit as a process of expansion and liberation, freedom, growth and overcoming human limitations.

The aim of yoga has been to experience this growth and freedom. Various methods have been adopted. Yogis have believed that in order to perceive the different dimensions of the body and the different levels of experience in life, one needs to develop awareness of the nature that governs this existence. They give the example of milk which is one substance but from which butter, yoghurt, cheese and many other products can be made. In its original form, cheese is not seen in milk, nor is yoghurt or butter. In order to extract any form of milk product, one needs to churn the milk.

Experiencing perfection

As a result of the four attainments in body, mind, energy and psychic consciousness, the final outcome is one of bliss, contentment, happiness and fulfilment. It is the culmination of the human effort and journey. This has been the vision of yoga.

No matter how we begin to incorporate yoga in our lives, whether we do it with the practice of physical postures, or with the application of meditative techniques, or with other systems, the final outcome is to experience perfection in life. There needs to be an effort to understand the whole spectrum of yoga, not only the part with which we are associated.

A long time ago people believed in truth. Truth was like a long piece of cloth. Everyone wanted to have the truth in their possession, so they tore up that long piece of cloth into millions of pieces. Each one held on to a piece, and said, "This is the truth! I have the truth!" But each fragment of fabric was not the complete truth.

Even today we hold on to our piece of fabric and say, "For me this is the truth." But yoga says, "No, what you have in your hands is only a fragment of the fabric known as the truth. If you put all the pieces together, you will have the complete picture."

Therefore, I would like to say, "Give yoga, the complete yoga, a chance in your life."

– 24 to 27 April 1997, Aix-Les-Bains, France



January – On 25th, Swami Niranjan presided over the Golden Jubilee celebrations of Balika Vidyapeeth, Lakhisarai.

February – During Basant Panchami celebrations Swami Niranjan conducted early morning havan and satsang.

April – During a one-week visit to Australia, Swamiji gave guidance to students of the Sannyasa Training course at Mangrove Mountain.

May – From 28th May to 2nd June, Swami Niranjan conducted a program in Mumbai.

June – From 31st May to 14th June, the Yoga Research Foundation (YRF) and BYB conducted four diabetes camps in Raipur.

July – Swamiji installed a statue of Swami Sivananda in Jyoti Mandir, Ganga Darshan. On 14th July, the mahasamadhi day of Swami Sivananda, the sthapana ceremony was performed by Swami Vidyamba and two yogini disciples from Lalita Mahila Samajam Ashram, Thirueengomalai, Tamil Nadu.

During Guru Poornima, Swamiji led thousands of devotees in chanting Saundarya Lahari, bhajans and kirtans.

August – On 24th, Swami Niranjan was chief guest at the closing ceremony of a yoga training camp organized by the Bihar Military Police for members of 18 companies.



Spontaneity in Yoga

Swami Niranjanananda Saraswati

If yoga is all about discipline; is there any place for spontaneity in yoga?

There is a fine line between discipline and spontaneity. If one becomes spontaneous, that spontaneity will still be according to dharma and won't go against the precepts of dharma. And dharma is discipline.



Patterns

Spontaneity is an invention of the human mind. People like to think that they can be spontaneous and free without realizing that their physical, mental and spiritual dimensions follow a rhythm, a pattern, a system, a discipline.

If all the stars and planets in the galaxies suddenly decided to become spontaneous, it would be chaos. There is discipline in the universe. If all the thoughts, emotions and feelings suddenly decide to become spontaneous, the human mind would be unable to handle the influx of emotions, thoughts, feelings and desires.

In emotions there are trigger points. One can only express anger when a shift takes place in the mind. One can only experience love, compassion or jealousy when this shift happens. This is known as the law of karma, or the law of cause and effect. In this law there is no spontaneity.

From the rational perspective one can talk about spontaneity and freedom. However, if one analyzes the human system, the life system, creation, God, energies and vibrations, everywhere

one will see a pattern and no one is free from that pattern. Ultimately, when one becomes part of that pattern one attains *mukti*, freedom.



Destiny

When one flows with the current there is no struggle. When one tries to go against the current, or in a different direction to the current, the pressure and pull of the current will be felt. The current is flowing north to south, but someone suddenly decides to flow east to west, just to be more spontaneous. It is more spontaneous to flow

with the current for it is only the rebellious nature which makes one think that the rebel is spontaneous.

Whenever an individual tries to go against a predetermined system or path the thought comes, "This is too rigid. I need to come out and be more free, more natural and spontaneous." Struggle and conflict take place, but if one becomes part of that process and there is no struggle, pressure and conflict, that flow makes one free.

In all the eastern thoughts whether it be Zen, Shintoism, yoga, Buddhism or any other 'ism', or belief structure which developed in the eastern part of the world, it has always been maintained that there is no free will. Buddhism says clearly that there is no free will and no spontaneity. Buddhism says that the effort in life should be to free oneself from suffering. That has been the entire thrust of Buddha's teachings, which means from birth to death everyone is in a cycle of suffering. Free will or spontaneity make only about 5% of one's life. Nothing more.

In Shintoism every individual is subject to a natural law and the nature of the elements. The forefathers can either assist

a person to evolve and grow, or they can bind a person to a particular state of life and mentality, by creating barriers and blockages in one's life.

The Vedic tradition has always said that karmas and samskaras are the two key factors in life. The yoga tradition declares that the desire for transcending the present lifestyle must follow certain regulations and disciplines, as everything which comes from inside is pre-determined.

In northern countries, the ground is covered by snow for eight months every year, but when the snow melts, flowers suddenly bloom. That means for eight months the seeds of flowers and grass were dormant. The cold did not kill them, but at the same time, there was no opportunity for them to emerge.

In the desert there is only sand, but when it rains it suddenly becomes a valley of flowers. The heat did not kill the seeds which were underground. When the time was right and the waters came, they bloomed. In this way, the law of life is waiting for the right moment.

Free will

While waiting for the right moment, one has a free choice, free will and spontaneity to pass the time either at this restaurant or that restaurant, read this newspaper or that newspaper. However, it is only a momentary gap between the old and new. It is a gap between the end of one situation and the beginning of another. In that gap one can experience spontaneity and free will.

When a traveller goes to the railway station, he may have to spend fifteen minutes waiting for the train. Those fifteen minutes are his free will and free choice. He can go and stand in front of the newspaper stand and look at the books and magazines, but when the train comes he will jump on the train. The journey is already decided. It is only the gaps in between which allow for the perception and vision of spontaneity and free will.

– 19 December 1998, Ganga Darshan, Munger

January – Swami Niranjan visited Acharya Sadhavi Chandana at Virayatan, Rajgir, Nalanda.

February – Swamiji visited Mangrove Mountain and Rocklyn ashrams in Australia. The 35th Foundation Day of BSY was celebrated on Basant Panchami.

April – On 2nd, Swamiji gave satsang at Balika Vidyapeeth, Lakhisarai.

May – From 10th to 16th, Swami Niranjan conducted a yoga camp in Motihari.

July – Guru Poonima celebrations at Ganga Darshan saw thousands of devotees from India and overseas chanting Saundarya Lahari, bhajans and Ramacharitanamas. From 31st July to 3rd August, Swami Niranjan celebrated Guru Poonima in Chennai.

Swamiji visited Tiruverkkadu Mariamman and Kanchipuram. At the behest of the Shankaracharya of Kanchipuram, Swamiji





visited the Kanchi Kamakshiamman temple, the Shiva temple of Lord Ekambaranathar and Sri Chandrasekharendra Saraswati Vishwa Mahavidyalaya, which has an International Indology Research Library housing a large selection of Indian scriptures in all Indian languages.

September – Janmashtami, Sri Krishna’s birthday, was celebrated at Ganga Darshan with the chanting of the Bhagavad Gita.

From 8th to 12th, Swami Niranjan conducted the annual celebration to commemorate the 112th birth anniversary of Swami Sivananda, the 56th sannyasa birthday of Swami Satyananda and the Foundation Day of BYB.

From 12th to 17th, Swami Niranjan travelled to South Korea and conducted programs at the J.H. Moon Yoga Centre, Seoul, Pusan University and Cheju National University. He presided over an All-India Yoga Convention in Indore, MP.

October – From 4th to 7th, Swami Niranjan gave public lectures during a yoga convention in Bhopal.



Yoga and the Defence Services

From Bhakti Yoga Sagar Volume 6 by Swami Satyananda Saraswati



We have a good relationship with our army personnel. Our sannyasins have been to Siachen, Leh, and trained the army personnel there. The Siachen glacier is twenty-five thousand feet above sea level. Breathing problems and heart trouble happen at around eighteen thousand feet. Many people experience this at Badrinath.

At twenty-five thousand feet the army personnel carry heavy guns and a pack weighing up to twenty-five kilos while climbing the hills. Due to the high altitude, they also need oxygen cylinders. My view is that the units which go to high altitudes, sixteen or eighteen thousand feet above sea level, should practise more pranayama. They should practise bhastrika and kapalbhati for about an hour. If they can do that, they will have no difficulty in performing at high altitudes.

We have also trained members of the armed forces in the desert, and we are going to have a permanent yoga unit in the Desert Deployment Centre in Rajasthan.

– 5 December 1999, Rikhiapeeth

February - Ganga Darshan celebrated the 36th Foundation Day of BSY.

March - From 20th March to 4th April, Swami Niranjana gave programs in France and Greece.

April - Swami Niranjana established the Yoga Publications Trust (YPT).

June - From 8th to 11th, Swamiji conducted a program in Wales.

July - Swami Niranjana inaugurated a six-month pilot project in Railway Training Programs at IRMEE, Jamalpur.

Guru Purnima was celebrated at Ganga Darshan.

August - On 5th, Swami Niranjana addressed doctors at the Mahavir Cancer Hospital, Patna, and IAS officers at the IAS Club.

September - Swamiji conducted the celebrations of the birth anniversary of Swami Sivananda, the sannyasa day of Swami Satyananda and the foundation of Bihar Yoga Bharati.

October - Swami Niranjana inaugurated the Vidya Bharati Central Bihar Regional Sports Meet at the Polo Ground, Munger.



YYMM – Yuva Yoga Mitra Mandal

2000 – In October, Swami Niranjan formed a group for young people of college age called Yuva Yoga Mitra Mandal, the Youth Yoga Fellowship (YYMM).

2002 – From 28th to 30th January, YYMM members taught in a ‘Yoga from Door to Door’ program at 16 venues in Jamalpur. From 3rd to 7th March, YYMM members conducted a ‘Yoga from Door to Door’ program in 56 centres in Munger and Jamalpur.

At the request of the Bihar Government, programs were held for prison inmates from 14th to 20th March. YYMM conducted classes in 7 Bihar prisons. Participants underwent psychological testing at the beginning and end of the program as part of a research project for BYB Yoga Psychology Dept. YYMM members held training sessions from 13th to 21st and 24th to 30th April.

YYMM conducted an Introductory Yoga Course at Ganga Darshan during August and September.

On 22nd December, Swami Niranjan announced a one-year ‘Yoga Doot – yoga messenger’ program to be conducted monthly by BSY sannyasins, BYB staff and interns, and senior YYMM members.

2003 – From 21st to 27th January, YYMM and BYYMM conducted an Introductory Youth Yoga Course at Bhagalpur University ‘Yoga Doot – yoga messenger’ programs for YYMM were held at Ganga Darshan from January to May.

From 15th to 21st April, YYMM volunteers conducted a ‘Gram Yoga Yatra – Yoga for Villagers Tour’, in 5 villages, and classes for school students.

From 6th to 13th November, BYB interns and YYMM members conducted a refresher course in 6 Central Jails in Bihar.

January – On 2nd, Swami Niranjan inaugurated Satyananda Yoga Sadhana Kendra, Bariarpur.

On 6th, Swamiji addressed a District Conference of Rotary International in Varanasi.

Basant Panchami was celebrated at Ganga Darshan.

February – From 2nd to 9th, Swami Niranjan was in Pune and Mumbai.

March – Swamiji was in Ranchi for the Jharkhand Yoga Mahotsav.

From 14th to 25th, Swami Niranjan toured Bhubaneshwar, Puri, Ahmedabad, Bhuj and Kolkata.

Swami Niranjan led a Rotary Youth Leadership Awards (RYLA) program at Ganga Darshan.

April – From 4th to 18th, Swamiji conducted programs in Rocklyn, Alice Springs, Sydney and Mangrove Mountain, Australia.

May – From 17th to 21st, Swami Niranjan was in Spain.

On 23rd, Swami Niranjan visited the Western Command Headquarters, Chandimandir, Chandigarh.



July – From 3rd to 5th, Guru Poonima was celebrated at Ganga Darshan.

A one-year Sannyasa Training course in Hindi commenced, supervised by Swami Niranjana.

On 21st, Swami Niranjana gave satsang at a state convention organized by SPICMACAY in Jamalpur.

August – On 5th, Swamiji inaugurated the Yoga Kendra, Hajipur.

From 11th to 14th, BSY conducted a seminar for women district level officers

in Mahila Samakhya. The project was undertaken by the Bihar Education Project Council.

Swami Niranjana was at two conventions: at Shanti Darshan Ashram, Bokaro, and in Dhanbad at the Indian School of Mines.

September – From 8th to 12th, Swami Niranjana conducted the annual program at Ganga Darshan.

On 16th, Mahamandaleshwar Sri Swami Vidyanda Giri, Acharya of Kailash Ashram, Rishikesh, visited Ganga Darshan, accompanied by Sri Swami Ramananda from Agni Akhara, Varanasi.

Swami Niranjana attended the National Yoga Satsang Samaroha in Bolangir, Orissa, and gave satsangs in Baragarh and in the Mahanadi Coalfield Ltd auditorium, Burla.

October – Swami Niranjana addressed a workshop for teachers and students from the Department of Naturopathy and Yoga, at Lucknow University.

November – Swami Niranjana gave satsang at the Jesus and Mary School, Patna.



January - Swami Niranjan was the chief guest at the Silver Jubilee Celebration of Chakshudan Yajna Samiti, Lakhisarai.

From 17th to 26th, Swami Niranjan conducted programs in Mumbai, Thane and Nasik.

February - Swami Niranjan celebrated the Foundation Day of BSY.

From 21st to 24th, Swami Niranjan was in Kolkata for the Akhil Bharatiya Yoga Mahotsava.

March - Swami Niranjan was in Mangrove Mountain, Australia.

April - On 4th and 5th, Swami Satyananda visited the Divine Life Society in Rishikesh with Swami Niranjan. On 6th, he travelled to Dehradun and met his gurubhai, Swami Chidananda. In Haridwar, he met Swami Santoshananda Giri, bathed in the Ganga at Har-ki-Pauri and witnessed the Ganga Arati.

Navaratri was observed at Ganga Darshan and Chandisthan.



Swami Niranjan gave satsang in Ganga Sarai, Singhia Hemjapur and Suryagarha.

On 11th, Swami Niranjan inaugurated a national seminar on 'The Environment and Downtrodden People in Bihar and Jharkhand', sponsored by the University Grants Commission, at RD and DJ College, Munger.

June - In June and July, Swami Satyananda and Swami Niranjan went on a pilgrimage to Badrinath. Sri Swamiji also visited his guru's ashram, The Divine Life Society, in Rishikesh.

July - Swami Niranjan attended the Guru Poornima celebrations at Sivananda Ashram, Rishikesh.

On 24th, Guru Poornima was celebrated in Munger.

September - From 8th to 12th, Swamiji conducted the annual five-day Foundation Day program at Ganga Darshan, with havan, and he spoke on the papers presented by BYB faculty members.

December - From 27th to 29th, Swami Niranjan conducted a Yoga Samagam in Patna, gave classes at Mandapam, a South Indian Cultural Centre, and at Naga Baba Thakurbari, Kadamkuan.

- This year, the Atma Center in Cleveland, Ohio, became a Satyananda Yoga academy and began to provide the Yogic Studies courses.



Children and Youth

Swami Niranjanananda Saraswati

The children who have adopted yoga are exceptional children. Their brain, mind, performance, comprehension, memory and creativity are just blooming. There have been children who have not studied for their school exams as they were too busy organizing yoga programs. They only studied a few days before the exams and appeared on the merit list, due to their sharpness of memory and intellect. It will soon be seen how these children will respond to life. Are they weak mentally, emotionally, shy, fearful, confident or creative?

These BYMM children have actually travelled to many states and cities in India, coordinating yogic programs in about three hundred schools. They continue to monitor the activities of yoga education in different schools.

Samskaras

Although parents want their children to be good, they were never educated in how to be good themselves. How can they educate their children to be good? It seems like a paradox. They have never given them the right samskaras or the right nourishment in life to become happy and healthy. Yet parents expect them to be disciplined, obedient, creative, genius and supportive. There are many expectations, but the children have not been given any opportunity to fulfil these expectations.

When yoga becomes a part of children's life, it becomes alive within them. They express yoga naturally, whereas adults have to think, "Oh! What do I do in this situation? How would a yogi behave in these circumstances?" Children, who are brought up in yoga, mentally express that behaviour, quality and character as yoga becomes alive in their life. With their yogic background these children can change the world. Where we have failed, they will succeed.

Therefore, the Children's Yoga Fellowship is the crowning glory of the Satyananda Yoga tradition. It reflects a care and consideration for the future of the earth, civilization and humanity.

Three organizations

The Children's Yoga Fellowship, Bal Yoga Mitra Mandal, is for children between the age of 7 and 14. The children are trained in yogic principles, taught how to take classes and how to practise yoga. They learn the theory and practice of yoga and are given some exposure outside in conducting classes in schools and different locations.

The Child Youth Yoga Fellowship, Bal Yuva Yoga Mitra Mandal, is for teenagers between the age of 14 and 18. They are sent out to different cities to help in the organization of seminars, programs and conventions.

The Youth Yoga Fellowship, Yuva Yoga Mitra Mandal, is given training in service, to go to the rural areas, to calamity affected areas and to work for the development in that region, whether it is service, or relief or any other work.

– 3 January 2002, Ganga Darshan, Munger



January – Swami Niranjan spoke at a yoga camp held at Kali Bhavan, Giridih, organized by the Red Cross Society.

A program was held at Ganga Darshan for 17 students from the Institute for Special Education, University of Bremen, Germany.

February – Basant Panchami marked the 39th Foundation Day of BSY.

Swami Niranjan was in Bhilwara, Rajasthan, to lay the foundation stone of the new ashram, Dev Darshan, to be known as the Satyananda Institute of Vedic and Yogic Sciences. Swamiji gave satsang at the Town Hall and the Osho Meditation Centre. On 22nd, Swamiji gave satsang in Ajmer.

March – Swami Niranjan visited Barauni Refinery Township, Begusarai, for the inauguration of the Yoga Dhyana Kendra.



May – Swami Niranjan conducted programs in Bariarpur, Surajgarh and Javayad, Sangrampur.

His Excellency Dr A.P.J. Abdul Kalam, President of the Republic of India, visited Ganga Darshan Gurukul on 31st as part of a state visit to Bihar. He was welcomed by Swami Niranjan, Swami Satsangi, ashram residents, BYMM, BYMM and YMM members and BYB students.



July – On 13th, Guru Poornima was celebrated.

October – Students from Shantiniketan, West Bengal, attended a program at Ganga Darshan.

During the Navaratri sadhana, Swami Niranjan gave satsang at Ganga Darshan and Chandisthan temple, Munger.



BSY Swamis



Throughout this decade, swamis from BSY conducted yoga programs, shivirs, seminars, therapy courses, retreats and yoga camps in every state of India. They toured every continent, teaching the many branches of yoga and delivering the message of hope.

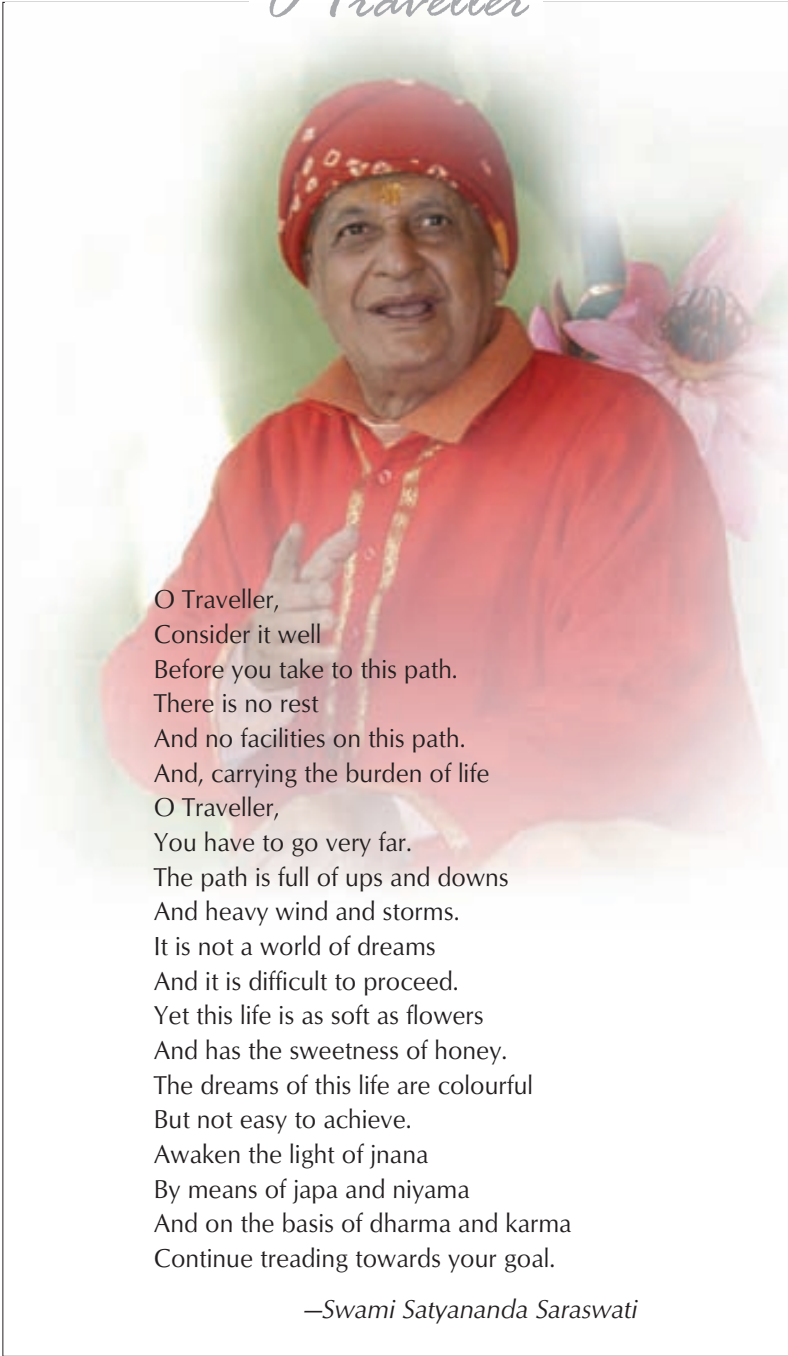
They taught, guided and inspired doctors and hospital staff, managers and employees in the private and government sectors, army and police personal, prisoners, children, their parents and teachers, priests and nuns, scientists as well as the general public without distinction of race or religion.

They brought yoga to the soldiers stationed in the desert of Bikaner, to Leh and the Siachen Glacier base camp.

They were engaged in research projects on the influence of yoga on certain diseases such as asthma and diabetes. They demonstrated the power of yoga to enhance learning, memory and creativity of school children and designed yoga practices for the classroom.

BSY swamis helped fulfil Swami Sivananda's mandate to Sri Swamiji to spread 'yoga from door to door and shore to shore'.

O Traveller



O Traveller,
Consider it well
Before you take to this path.
There is no rest
And no facilities on this path.
And, carrying the burden of life
O Traveller,
You have to go very far.
The path is full of ups and downs
And heavy wind and storms.
It is not a world of dreams
And it is difficult to proceed.
Yet this life is as soft as flowers
And has the sweetness of honey.
The dreams of this life are colourful
But not easy to achieve.
Awaken the light of jnana
By means of japa and niyama
And on the basis of dharma and karma
Continue treading towards your goal.

—Swami Satyananda Saraswati



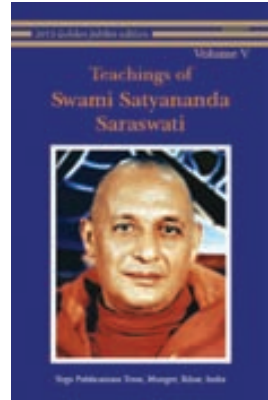
Yoga Publications Trust

Teachings of Swami Satyananda Saraswati: Volume V

448 pp, Soft cover, ISBN 978-81-85787-06-0

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Satyananda Yoga Websites



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

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/. Dedicated to the vision and mission of Swami Niranjanananda Saraswati, the spiritual successor of Sri Swami Satyananda Saraswati, it contains news and articles.

www.yogamag.net

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



Avahan Online

www.biharyoga.net/sannyasa-peeth/avahan/. Provides online access to *Satyā ka Avahan*, the bi-monthly magazine of Sannyasa Peeth, which contains the higher teachings of Sri Swami Sivananda, Sri Swami Satyananda and Swami Niranjanananda, along with the programs of Sannyasa Peeth.

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Ganga Darshan Events & Courses 2013

<i>Jun-Aug</i>	Yogic Science & Lifestyle Course
<i>Jul 18-21</i>	Guru Poornima Aradhana
<i>Jul 22</i>	Guru Paduka Poojan
<i>Sep 8</i>	Sivananda Janmotsava
<i>Sep 12</i>	Swami Satyananda Sannyasa Diwas
<i>Oct 23-27</i>	Golden Jubilee World Yoga Convention
<i>Every Saturday</i>	Mahamrityunjaya Havan
<i>Every Ekadashi</i>	Bhagavad Gita Path
<i>Every Poornima</i>	Sundarkand Path
<i>5th & 6th of every month</i>	Commemoration of Sri Swami Satyananda's Mahasamadhi
<i>12th of every month</i>	Akhanda Path of Ramacharitamanas

Important Announcement

Due to the forthcoming Golden Jubilee of Bihar School of Yoga and the World Yoga Convention, which will be conducted from 23rd to 27th October 2013, the courses conducted at Ganga Darshan, Munger, will be suspended during 2013. The following course will be conducted at Rikhiapeeth in 2013:

Aug 1-15 Health Management Course - Diabetes (Hindi)

Please contact Rikhiapeeth directly for more information.

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