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Hari Om

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GUIDELINES FOR SPIRITUAL LIFE

Dealing with maya

Maya is powerful, and except in very rare cases where the samskaras are very strong, taste for a life of contemplation does not manifest itself in man. No doubt, satsang, japa and dhyana help a sadhaka a lot. If at the same time, you do *vichara*, enquiry, develop *viveka*, discrimination and right thinking, and cultivate dispassion, then the progress is extremely rapid. No amount of satsang, japa or dhyana will produce immediate results without *vairagya* and *viveka*. They are absolutely necessary.

—Swami Sivananda Saraswati

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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 ॥

The Melody of Saraswati

Swami Niranjanananda Saraswati



Today we celebrate the 57th Foundation Day of Bihar School of Yoga. It has been a long journey which has crossed many stations. In 57 years, yoga has changed many definitions from a subject of body and health, to meditation, to the exploration of psychic discoveries, to stress management, to therapy. Each change has defined an aspect of yoga where it can be effectively utilized, and now these various components of a fragmented yoga have to come together to become part of our lifestyle. That is the theme of Bihar School of Yoga and of the presentation of the children today.

When Sri Swami Satyananda established the Bihar School of Yoga 57 years ago, it was not to propagate or teach people the health benefits of hatha yoga, asana or pranayama, as everyone is doing today. It was to create a fellowship of spiritual-minded and yoga-minded people, who would live the principles of yoga and go deeper into the experience of yoga. Bihar School of Yoga became the nucleus of the International Yoga Fellowship

which represented the vision of Paramahamsaji for people who do not practise but live yoga.

What he established 57 years ago is taking shape now. Fifty years was the period of propagating yoga, and it became globally known. When Bihar School of Yoga started yoga training and programs, there were hardly any yoga teachers in the world. Fifty years later there were thousands of yoga teachers in practically every country and city. Then it was time that the aspiration of Sri Swamiji to establish the International Yoga Fellowship was put in place with the emergence of the second chapter of yoga which allows people to deepen their awareness, understanding and experience of yoga.

Other than the people who are part of that second chapter effort the main recipients and beneficiaries are the children. They are adopting the yogic thought in their life. For them, yoga is a way of life; for you, it is a practice. For them, yoga is a way of thinking and living; for you, it is only intervention to manage some stress, anxiety and problem in life. There is a big difference between what you go through and what children are going through. For them, yoga deals with their personality; for you, yoga only deals with your body and mind. This was coming out in the statement of the children in their presentation.

Sonu of BYMM gave a beautiful example of this understanding. When he is travelling, he tries to live some inspirational sentences of Paramahamsaji. These sentences change his whole perspective, understanding and vision of life and interaction with people. It really made me happy, to see that children are becoming aware, not of the asana or pranayama component of yoga but of something which helps them achieve better understanding and deeper experience of life and a more integrated awareness of life.

Today children have conducted the Basant Panchami program. In the past, the tradition was that a few people come to speak on how good the institution is for the community and to thank the institution for its presence. That used to be the

celebration of the Foundation Day. Today, that convention is broken. Children have come up with a statement for they realize that yoga is not practice but a way of living. Their statement was, 'Life is what you live in your mind'. If you live with a positive and happy mind, life is positive and happy. If you live with a problematic, critical and negative mind, life becomes problematic, critical and negative. Then to manage the negative, critical and diseased life, we come to yoga. However, if we can make the effort to cultivate the positive, like the children are doing at present, we won't have to face the negatives or the big impact of the negatives, rather we shall sail through life with happiness, wisdom and clarity.

That is the message of the children - yoga is not only for emancipation, enlightenment, health and mental peace. Yoga is also connection with the environment and nature. It is about our interaction with our environment, nature, society and the universe. Therefore, positive steps have to be taken to improve not only our quality but also the quality of our environment and society. For this everybody has to take a *sankalpa*, a resolve, a firm determination, which if you are interested you will be able to do and achieve. The choice of taking this firm resolution is up to you. It has to come up from your own inner depth and you have to have a feeling for it, the desire to achieve the best, purity, simplicity, wisdom and clarity. We should not only achieve our *sankalpa*, but also apply it in our interaction, behaviour, to make our immediate world a little bit better. In this manner, keep on increasing the percentage of positivity one percent at a time. Do not try to spread positivity ten, twenty or one hundred percent. One percent, if attainable on a daily basis, will make us ultimately win the race.

Best wishes to the efforts of yoga, to the efforts of aspirants in yoga on this day of Basant Panchami when wisdom and action come together to create a beautiful melody of Saraswati.

– 30 January 2020, Basant Panchami, Ganga Darshan, Munger

Traditions of Yoga Education

Swami Satyananda Saraswati



In India, the ancient civilization had its birth, blossoming and preservation in the forest. This historical fact has been aptly illustrated in the verses of the *Yajurveda* which refer to the ancient seers engaged in the acquisition of knowledge in the heart of forests, on the hill tops, in the caves around the river banks, dwelling in their hermitages surrounded by the beauty of nature.

Forest - cradle of civilization

This says Buddha, the great yogin, to his disciples, "Have you never heard it said by wanderers who were vulnerable, aged, your teachers and the teachers of your teachers about the ancient Arahants, Buddhas, and so forth. They sought the remote and lonely recesses of the forest, where noise, where sound there hardly is, where the breezes from the pastures blow, yet which were safely hidden from the eyes of men, to

meet for self-communion, even as I (Buddha) do now?" (Digha Nikaya III. 54)

In the words of Poet Tagore, "Thus in India, it was in the forests that our civilization had its birth. It was surrounded by the vast life of nature, was fed and clothed by her, and had the closest and most constant intercourse with her in varying aspects." (*Sadhana* by Rabindranath Tagore)

Ashrams as universities

In the past, those, who wanted to realize or had already realized the aim and end their solitary abodes, even in the remotest forest, gathered the seekers of knowledge. The disciples included the rich and poor, the king and the beggar, the old and young, both men and women from all levels of society who had left their distant homes, their mundane possessions and all their earthly attachments in search of truth. The modest huts, the solitary forest homes, caves carved in rocks – often inaccessible as a challenge to the devout – wherein the master dwelt, served as the medium of knowledge, more so of yoga, that quenched the thirst of many students, and thus the traditional heritage of Indian culture was handed down from generation to generation. These unadorned hermitages – except for the vast beauty of nature around – referred to as ashrams had no pomp such as the modern universities display.

The teachers taught not because they were paid but because they considered it their duty to impart their knowledge to the deserving, and the students were accepted not because they subscribed their fees in kind, but because they were found fit for such studies. Alike, the teachers, even the students were an example in themselves for the very life they preached and pursued, and the conglomeration of students gathered there not for acquiring knowledge that was to bring their daily bread but to know the reality and to live that reality from all available cultural records. It is evident that in ancient India, both the masters and the disciples valued not the quantity but the quality of knowledge.

Indian culture was and to some extent, still is essentially esoteric and available only to earnest students and imparted solely through the medium of personal contact with the teachers. The little that is known through its esoteric metaphysical systems – especially in the case of yoga - does not represent even a fraction of allness that has to be intrinsically lived. The texts of various systems of philosophy serve merely as indices and therefore are void of essential details of technique meant for the practical students. For this reason, the real centres of learning were the hermitages where the teachers well-versed in practical details lived the very knowledge they preached and guided the students in their respective training courses.

Yoga monasteries

Specially in so far as the yoga training is concerned, the available texts prove to be of very little value because most of the practices remain secret knowledge with the teachers and these have therefore been confined generally amongst the circle of yogins who would communicate the actual technique only to the most deserving pupils. The genuine yogins living in the solitude of mountains were hardly accessible; and there are today only a very few who would be eager to learn yoga under conditions which may be imposed upon them. Even in ancient India, the yoga monasteries were few and apart, and the training in the technique of yoga, for all practical purposes, became extremely difficult.

Sporadic efforts to save yoga from such an enigmatic existence by investigations into the subtleties of its metaphysics and theories have won a measure of success in keeping alive certain scholastic interest in the subject, but the vital technique for practice remained and still remains obscure and elusive as ever. The present monasteries have lost their antiquated dignity and vigour and what is taught there is of doubtful origin and value. The recent spurt of the so-called yogashramas and centres of health and physical training patronized by the



unwary has caused a further slump in the true perspective – from the sublime to the ridiculous.

Ancient and modern methods of instruction

Furthermore, the contrast between hermitages and modern universities as centres of learning is also very vital for the latter fail to supply the necessary environments which contribute to the way of life in conformity with the teachings, under constant supervision and contract of the teachers. As a result, there is much barren superfluity of academic and mechanized knowledge which sticks to students as an objective additive of decoration without any harmony being established between the basic understanding of life and habituation to such a living. This duplicity in the acquisition of knowledge and its actual practice in day-to-day life is responsible for much that is hypocritical, unpleasant and suicidal.

The institution of yoga education in ancient India had a different value, was applied differently and had therefore a different method of imparting it. The significance of masters and their abodes of learning could be appreciated only by those who realize the difference between theory and practices, between ornamental and applied knowledge, and between mechanized education and integrated way of life. To all forms

of learning which belong to the former category and what is generally available at the modern university level, yoga supplements the latter. The hermitages represent the integral quality, which moulds personality, while the universities impart quantitative training to the masses. What is needed in the changed context of the world at present is the harmonious synthesis of what is best in each.

Convinced that given the necessary rational utilitarian and scientific interpretation, yoga one day will emerge as a scientific world culture teaching healthier and saner methods of living than what material civilization has so far done. The scientific yoga movement under the auspices of the yoga institute was first launched by Swami Sivananda, three generations ago. It was evident then that the orthodox tradition of imparting yoga education at the hermitages by requiring the students to leave their homes no matter how essential or best would fail to inspire the modern man. On the contrary, the strict adherence to yoga requisites may be regarded as tedious and even repulsive. The gulf had to be bridged somehow without sacrificing the inherent and essential merits of the physical, mental, moral and spiritual perspectives of yoga, its precision of technique, and its way of life so blended as not to jar one's inhibited convictions or to upset one's environments.

– Printed in YOGA Vol. 10, No. 8, (August 1972)



Children Write History – 25 Years of Highlights – 1990s

1995

Foundation of Bal Yoga Mitra Mandal with seven children who wanted to participate in a yoga competition in Ludhiana. As they were not able to cover the expenses, it was decided to organize a yoga competition in Munger itself. 50 children participated, 47 prizes were given, and BYMM was born.

1996

Children of BYMM accompany Swamiji to Mumbai and Jaipur, Rajasthan. They conduct classes for children.

1997

The first yoga camp was organized by children for more than 6600 children at the Polo Ground, Munger.

1998

BYMM children travel to Delhi and Kolkata.





1999

The second children yoga camp was organized by children for more than 6000 children. Yoga research with 700 children was conducted and the results were presented on 22 March 2000 in Paris, France.



A Big Thank You

O Swamiji, thank you for giving us strength, blessings and limitless love. Your love, your kindness always fills us with new energy.

Your knowledge directs us towards positive determination.

With your blessings we can see our bright future.

Your presence always makes our heart feel calm and peaceful.

Your smile gives us the reason for happiness.

Your guidance always inspires us to make impossible things possible.

When we lose hope, then your lessons help us to wake up again and work hard again.

We really feel proud to say that we are the children of Munger – the City of Yoga!

Thank you, Swamiji!

—BYMM – Priya, Guru Poornima, 2019, Paduka Darshan, Munger

Three Missions

BYMM - Girija



When our beloved Swamiji established Bal Yoga Mitra Mandal, he gave us three missions to follow in our life. They are as follows: samskara, swablamban and rastra sanskriti prem.

Samskara for us means what we have learnt from our elders and to bring that into our life. It means to walk on the path that Swamiji has shown to us.

Swablamban for us means that we have to stand on our own two feet through hard work. It means achieving success in our life and showing our talents and abilities which we have learnt in this beautiful ashram to the entire world.

Rastra sanskriti prem for us means love towards our country, culture, religion; not only these three but love for all people, elder as well as younger, rich as well as poor. It means respecting our heritage that we have received from our ancestors.

– Bal Yoga Diwas 2017, Ganga Darshan, Munger

1997 – Annual Report of Activities

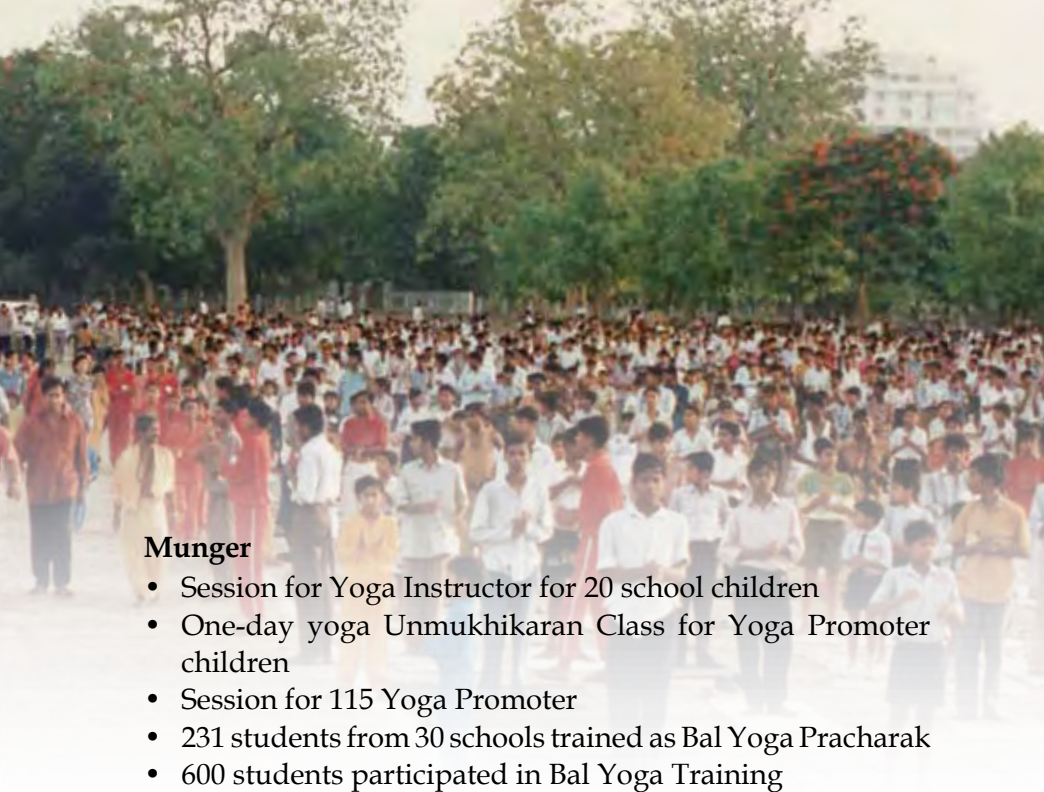


Polo Ground, Munger

- The first children yoga camp was organized by children for more than 6600 children.
- Bal Yoga Pracharak organized a 7-day residential for 84 children from 8 districts
- Yoga Parichay was organized for 2677 students. 40 students were selected for the Ganga Darshan sessions for Bal Yoga Pracharak.

Shivirs

- | | | |
|--------------|------------|---------------|
| • Dhanbad | 3 schools | 99 students |
| • Bokaro | 3 centres | 140 students |
| • Bhagalpur | 3 schools | 370 students |
| • Devghar | 5 schools | 370 students |
| • Sahrasa | 3 schools | 277 students |
| • Begusarai | 5 schools | 250 students |
| • Navgachhia | 6 schools | 490 students |
| • Darbhanga | 5 schools | 551 students |
| • Bariyarpur | 80 schools | 2242 students |
- In Delhi yoga training was given to 2290 school children.



Munger

- Session for Yoga Instructor for 20 school children
- One-day yoga Unmukhikaran Class for Yoga Promoter children
- Session for 115 Yoga Promoter
- 231 students from 30 schools trained as Bal Yoga Pracharak
- 600 students participated in Bal Yoga Training



Program in Mumbai

BYMM accompanied Swamiji to Mumbai. In Mumbai Swamiji had a total of 13 lectures and Bal Yoga Mitra Mandal had 9. At some places the children independently conducted a program and Swamiji did not go along.

Become a Friend

Swami Niranjanananda Saraswati



Swami Sivananda used to say that children are lumps of clay and you can mould them in any way you want them to be. This is true, but unfortunately we have not been moulded properly and we lack the understanding of how to mould others properly. Although Swami Sivananda's statement is correct, we cannot apply it. Instead of working with children, as a first step I would recommend that parents work with themselves. It is the general tendency for parents to become the judge, jury and executioner of their children whenever they commit any kind of action. The child always sees the parents as the authority. The parents are the authority figures and the child is always a victim of that authority. No matter how much you may love your child, that image is there.

The first point yoga suggests is that you should change yourself and try to become a friend to your child. Friendship

has a very big influence on the life of a person and the life of a child. Children will listen to and follow what other children say because there is no barrier; they see each other as equals. Even when they are grown up, the concept of equality between friends matures. You remain friends with those who were your friends in childhood and you avoid those whom you placed on the pedestal of authority. If you see your high school teacher walking down the road, you will avoid that teacher if you can. If there is no way of avoiding the teacher, you will say hello but your legs will be shaking. So the first effort parents have to make is to become friends with their children.

Secondly, after you have become friends with your children you have to encourage them to express their positive nature. As an example, a true story comes to mind about a family who had a small child. Whenever the parents wanted to go to the movies they would tell the child a lie, not that they were going to the movies. But intuitively the child knew that his parents were hiding something from him and he began to rebel against their instructions. It was an intuitive response. Adults function at the level of intellect, but children function at the level of intuition. Therefore, they are able to pick up many things intuitively which adults try to hide from them intellectually. They know when someone is telling them a lie and they know when somebody is telling them the truth. They know when somebody is trying to control them and they know when somebody is trying to let them be free. Their responses are different, their expressions are different, their eyes are different, their smiles are different in every situation.

Once you have become friends with your child, if you are able to encourage them to express their feelings by being truthful with them, then you do not need to have a sankalpa especially modified or made for children, because they learn by example. We all learn by example, but we cannot sustain the example in our lives for long due to our conditioning or our belief or our lifestyle, whatever the mentality, whatever the reason. But children learn by example and they live by



example. So being truthful to your child will automatically bring out the best in them.

Thirdly, if you feel the child is inhibited in some areas of his or her nature or personality, such as shyness or an inability to interact with other children of the same age group, having difficulties relating to people, having some form of insecurity or inhibition, having difficulties with study, with concentration, retention and memory, then you can begin with simple sankalpas which encourage positive expression in the child's life. One very broad and basic sankalpa which we generally give to little children is, "I am creative." It is very simple. Give your child this sankalpa and also give your child the opportunity to become creative in life, because it is no use giving a sankalpa without giving the opportunity. If you give a sankalpa then you also have to give the right opportunity.

So, from my perspective, it is the parents who have to do the hard work, not the children. Children simply have to be encouraged to express themselves.

– April 1997, Satyanandashram, Aube, France,



Children Write History – 25 Years of Highlights – 2000s

2000

The third children yoga camp was organized by children for more than 6000 children.

2001

- The fourth children yoga camp was organized by children for more than 2500 children.
- *Structure of BYMM: yoga training group, yoga learning group, personality development group, research participation group, parent-teacher group.*



2002

The fifth children yoga camp, Child Yoga Introductory session, was organized by children for more than 2555 children.



2003

- His Excellency late Dr A.P.J. Abdul Kalam, President of the Republic of India, visited Ganga Darshan on 31st May as part of a state visit to Bihar
- At Bhagalpur University, BYMM conducted an Introductory Youth Yoga Course for 5,700 students from 23 colleges and 25 postgraduate departments.



- BYMM travelled to Indore to conduct yoga classes.

2004

- The late President of the Republic of India, His Excellency Dr A.P.J. Abdul Kalam was the guest at the first Bal Yoga Diwas, Children's Yoga Day, celebrated at the Polo Ground, Munger, on 14th February. More than 20,000 children from Munger participated. To the delight of the children and citizens of Munger, the President officially named Munger 'City of Yoga'.



- In June a fire raged in one of the suburbs of Munger and 450 homes were destroyed. BYMM organized the relief work, delivering food and clothing to each family personally. The news of this went to Delhi, to the department of disaster management.



2005

BYMM children teach in many schools throughout Munger town.



2006

- BYMM was part of the Srimad Bhagavata Saptah inaugurating the newly acquired Yoga Vidya.
- On 14 February, Bal Yoga Diwas, Children's Yoga Day, was celebrated by BYMM.

2007

- In Munger town: 5,000 BYMM children
- In Munger district: 29,000 BYMM children
- In India: 150,000 BYMM children

2008

- A Bal Yoga Parichaya Satra (introductory yoga program for children) was conducted for more than 28,000 children from Bihar and other parts of India.
- The children of BYMM conducted their own research on the benefits of yoga for children. The results were presented at the World Yoga Convention in 2013.

2009

BYMM has become part of every program, satsang and event, adding joy, music and colour, not only at Ganga Darshan but also at Shivalaya.



Structure of BYMM in 2001

Yoga training group

This is the backbone of BYMM, aspiring to fulfil the slogan of 'yoga education for the children by the children'. The children in this category are thoroughly trained at Bihar School of Yoga under the guidance of Swamiji and experienced sannyasins. The ladder of progress is as follows:

1. Pradarshak (demonstrator) I and II - 1000 children trained
2. Anudeshak (instructor) I and II - 300 children trained
3. Pracharak (propagator) I, II, III and IV - 275 children trained

Demonstrators are trained to demonstrate yoga practices and conduct shanti path, while instructors are trained to conduct school assembly sessions and short classes. The training sessions are conducted at Bihar School of Yoga for the local children of Munger and in selected schools for children in far-flung areas. Pracharak (propagator) classes are conducted only at Ganga Darshan. Only 50 children are selected for these classes and there are no vacancies for new students for the next five years. A child selected in a particular year becomes a demonstrator in the second year, an instructor in the third year and a propagator in the fourth year. Pracharaks travel throughout the country at the invitation of organizers and with the permission of Swamiji.

Yoga learning group

This group is complementary to the yoga training group. An important feature is the 'Bal Yoga Parichay Satra' (children's introductory yoga course), which is conducted in Munger every October. From this course, children are selected for the yoga training group. This introductory course is also conducted in different parts of the country at the request of organizers and with Swamiji's permission. Since 1996 these children have conducted yoga classes in 250 schools.



The most outstanding feature of the children's introductory yoga course is the participation of 5,000 children at a time at the Polo Ground, Munger. It is a special moment to see 5,000 children practising yoga under the instructions of trained children. Swamiji is always present at these training sessions.

Personality development group

In order to ensure holistic development of the children, the personality development group was formed to blend modern education with traditional values. Important associated activities are the karate group, chanting group, painting group, spoken English group and kirtan group. Training of these groups is conducted on a weekly basis, every Sunday. Other groups - dramatics, dance and sports - run on a project basis.

Research participation group

This group consists of students selected to conduct research. In 1999, a four month research project was conducted with 702 children to assess the efficacy of yoga practices on memory, creativity, self-esteem, self-discipline and self-confidence. The results were very encouraging, and in March 2000 Swamiji presented a report on the results at the RYE Education conference in Paris.

Parent-teacher group

This group has two levels:

1. Practitioners' council: an introductory program for parents is conducted in December to impart basic yoga training.
2. Promoters' council: consists of parents from the practitioner council who assist in the coordinating and training process.









2004

Swami Niranjanananda Saraswati

The greatest achievement, I would say, has been a relief work in which the children of BYMM were involved. In the month of June in the year 2004, a fire raged in one of the suburbs of Munger. 450 houses were gutted. The people had no shelter, no food, no clothes, nothing. The relief itself became a disaster. There was a lot of looting, there was a lot of hanky-panky, and shady deals.

I told the children you have two days to help the people. From morning until evening 4,000 children spread throughout the town, knocked on every door, and said, "Give us whatever you can – even if it is one handful of rice, and this we are going to give to the people whose houses have been gutted and who have nothing."

Such an impact was created, that even the rickshaw-wallahs from town took off their shirts and t-shirts. In 24 hours, these children collected two trucks of materials and food – grains. It was about 30 tons. We started making 450 bundles. In the meantime, children had gone to the place





where the fire had taken place, and had found out the details of each family – how many children, how many males, how many females, and they came back with the list.



Each bundle weighed about 40 kilos, 40 to 50 kilos, and everything was done in 24 hours, by 4,000 children. We sent 450 children, one to each family, with a message: nobody will be receiving the goods, except the lady of the house. We will bring the gift straight to your door. You don't have to go anywhere to collect it.



For the first time in history, it happened. The news of this went to Delhi, to the department of disaster management. The department was so impressed that they wanted the detailed plan of how the whole thing was conducted – to use it as a model for the national disaster management programs.



The Fantastic Answer

BYMM - Girija

Once upon a time there lived a poor boy who was very good in studies, but as he was poor he was not able to study in a good school. He completed his basic studies in his village primary school and after that he prepared for the exam of an IPS officer. One day he was called for an interview. When he went to give his interview, he was not able to answer many of the questions.

After finishing the interview, while going out of the cabin, he saw that a pen had fallen on the ground. Many candidates were passing through that way, but no one picked up that pen. That boy, who was not able to answer many questions, picked up that pen.

His boss asked him, "Why did you pick up this pen and return it to the office?"

The boy replied, "My guru has told me - 'It is not necessary that you will be good in everything. Someone is good in studies, someone in painting, someone at games, English and other activities. But a person should be good in discipline. He should be punctual and whether it is his home or not, everywhere, he should keep the place clean like his own home. He should keep everything in its proper place'."

By giving this answer, he gave the message of his guru and also showed his honesty. He showed that if he became an IPS officer he would take care of all mistakes and problems, whether big or small, and be faithful towards his duty.

Listening to this fantastic answer the boss gave him immediately the post of an IPS officer.

Like him, we should also be honest, punctual, disciplined and be faithful towards our duty and karma yoga which is given to us. As every small thing is a big job for us.

– Guru Poornima 2015, Paduka Darshan, Munger

Purpose of Education

From the teachings of Swami Sivananda Saraswati



The purpose of true education should be to enlighten humanity, to destroy the lower nature, to better the social order and to promote human wellbeing by training the student both for external achievement and for internal attainment. The consummation and test of true education is found in the all-round development of the faculties of knowledge, love and service. There should be a harmonious development of the head, heart and hands.

Education is training in the art of living. It is not a filling-in of something from outside, but a process of drawing out all the positive potentialities, all the highest and best qualities inherent in the student. Education is the cultivation and development of these worthy qualities and talents in an intelligent and

rational way, so as to build a balanced personality. The right sense of values on which one should build one's life should be revealed through education.

Education effectively moulds and equips the students of today for the tasks of tomorrow. The student is not merely a brain to be stuffed with a plethora of facts, figures and statistical information. He is an integral personality with the capacity to think, feel, know, choose and act. Students should be masters of themselves and have the ability to sow the seeds of peace and abundance, harmony and happiness, unity and brotherhood.

Every student should reflect calmly and carefully and understand first what is the true meaning and purpose of education. Without this understanding, the blind pursuit of a diploma or degree becomes dry mockery, ending inevitably in disillusionment. Education is not the amassing of information, and its purpose is not mere career-hunting. It is a means of developing a fully integrated personality and enabling one to grow into the likeness of the ideal that one has set before oneself. Graduates should be practical messengers of a new hope, a new vision and a new culture. They should be masters of themselves and have the ability to sow the seeds of peace and abundance, harmony and happiness, unity and brotherhood.

Education must aim at developing a spiritual attitude towards life. Spirituality does not hinder material progress. In fact it buttresses material interests. The real advancement and wellbeing of every society and nation depends upon the right kind of educational basis. Only if an educational system rests on a spiritual foundation will science and technology best serve the interests of mankind. Science alone cannot ensure perfect peace and harmony. Humanities alone cannot cure the ills of poverty or safeguard the freedom of the country. There should be a synthesis of both.

True education must impart initiation into the life divine. Ultimately, the aim of real education is drawing out the dormant divinity lying hidden within each human being. Spiritual enlightenment is the fruit of the real, inner education.

Lesson of the Little Rat

BYMM - Girija



Once upon a time there lived a young man in Rishikesh. He was very kind and helped and took care of everyone. One day he went to his room and opened the cupboard to take out his clothes. As he opened the cupboard he saw a small rat sitting in his cupboard. When he saw it, he thought, 'I should not throw that small rat out because every organism has the full right and courage to live a joyful life.' So, instead of throwing

that rat out, he gave food to him. Daily he used to keep some sugar for that small rat.

In this way he helped everyone whether that person was big or small, old or young. For those who needed clothes, he gave them clothes. For those who needed food, he gave them his own food to eat. He was always ready for helping others. He always said, "Whenever I help anyone I feel happy and peaceful."

This divine person is no one but our own and beloved paramguru Swami Sivananda. He always sees God in everyone. He also says, "When you help others in their need, you will see that everyone will help you, and you feel very happy in yourself. When you give others only then God gives you."

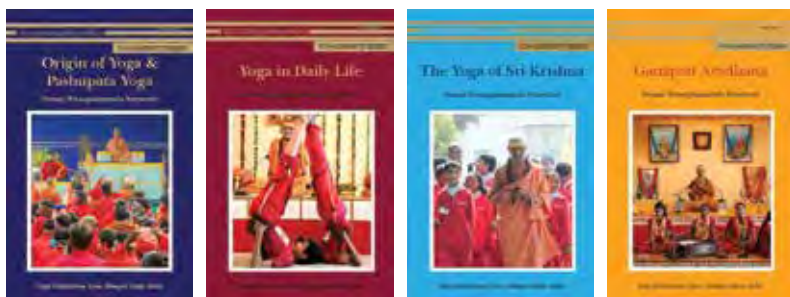
So the moral of this story is the more you give, the better you feel.



Children Write History – 25 Years of Highlights – 2010s

2010

For the first time, BYMM has made it to the front cover of Yoga Publications Trusts publications! Many of the colourful booklets of the *Yogadrishti* series picture BYMM members in their various functions and roles.



2011

BYMM delighted ashram residents, students and guests with self-choreographed dance performances. Another first to the achievements of creative expression.

BYMM enters Paduka Darshan for Guru Poornima and Lakshmi-Narayan Mahayajna.



2012

BYMM has a core group of 6,500 teachers, and over 3,000 children are being trained as yoga teachers, instructors and demonstrators.

2013

World Yoga Convention and Golden Jubilee of Bihar School was celebrated in Munger with the active, skilled and joyful participation of BYMM in all areas of the grand event.



2014

- *Siva's Spirit* – the first audio CD released by Sannyasa Peeth with BYMM children.
- First summer camp at Ganga Darshan in June.



2015

BYMM put their long-standing experience into practice again and present an impeccable organization for the first International Day of Yoga in Munger.

2016

Another first for BYMM! They have become models for a glossy, big-size, colourful wall calendar 2016.

2017

The children are skilled in mantra chanting, kirtan, dance, karate, English, painting, public speaking and practising and teaching asana and pranayama. They conduct the Mahamrityunjaya havan every Saturday and the program on every 5th and 6th of the month for Guru Bhakti Yoga.



2018

At the Munger Yoga Symposium all present were overwhelmed by the commitment of BYMM to the natural environment of the planet. Their dance drama on Mother Ganga was an exquisite and touching expression and tribute to Nature.



2019

Four BYMM children accompanied Swamiji to Kota, Rajasthan, and conducted their own programs in schools for thousands of local children.



The Universe is Helping

BYMM - Girija



Hari Om and a warm welcome to all of you.

We have gathered here today for a special evening sadhana. Have you noticed how the weather is changing? The mornings are cooler. The sun is not so strong. There is freshness in the air. It is becoming pleasant. Do you know why all this is happening? No. Then let me tell you.

As you know the planets, the stars, the things in the air always move and change. Every time they change they create a different energy pattern. From today the nine planets are making a formation which creates energy that is good for sadhana and spiritual growth. And these nine planets will stay in this formation for nine days.

That is why in India we celebrate Navaratri for nine days during this time. *Nav* means nine and *ratri* means night. In the night it is dark and we cannot see anything. When there

is light everything becomes clear. So in Navaratri, the energy helps us see better.

But what does it help us to see better? It helps us to see ourselves better. So that we can remove the darkness, the negative qualities from our life and bring light, the positive and pleasant qualities into our life.

In these nine nights three different types of energies are present, and at Ganga Darshan in our sadhana we dedicate three nights to each of the energies: goodness, prosperity and knowledge.

Swamiji says that our life is like a garden. To make this garden beautiful we first have to prepare the ground, remove the grass that has grown too tall and the weeds. In the first three days the energy that is there helps us to do just this. It is called *iccha shakti* or *sankalpa shakti*. In English it is called willpower. So today on the first day of the Navaratri sadhana think about the weeds in your life, pick one, and take a sankalpa to destroy it. The planets and the universe are helping you. Good luck for planting a beautiful garden.

– Ashwin Navaratri 2015, Ganga Darshan, Munger



Mother Ganga

Swami Sivananda Saraswati



The water of Ganga is extremely pure and sanctifying. No germs can flourish in this. Rich in minerals, this water cures almost all kinds of disease. The Ganga is saturated with antiseptic minerals. Ganga is not merely a river. It is a sacred tirtha. It is possessed of mysterious powers which are not found in any other river of the world.

Mother Ganga pours out all that she has in a continuous flow to the humanity. She loves all. She has equal vision to a peasant or a king, a sinner or a saint, and is quite indiscriminate.

All glory be unto Mother Ganga, the giver of life, light and love. Worship her with faith, devotion and piety. Adore her with flowers of purity, love, self-restraint and equal vision. Sing her names. May Mother Ganga bless you all. May she help you to live on her banks and practise yoga and tapas.

Be pure, be adaptable, be tolerant, be forgiving, be sweet, pour out your love on all. Share what you have - physical, moral, mental and spiritual, with the whole of humanity. The more you give, the more you get. Give without any selfish motive, without expecting reward. Embrace all and cultivate equal vision.

Swami Sivananda and Water

BYMM – Girija



Hari om and welcome to all.

You have just heard that today is Swami Sivananda's birthday. I think almost everyone present here must be familiar with his story. For those who have not heard about him, let me give you a short introduction.

Swami Sivananda was a person who played his role in life very beautifully, with complete balance, dedication, devotion and enthusiasm, and finally reached the path of divinity. He was from Pattamadai in Tamil Nadu which is in the South of India.

Oh! From the South of India. The terrible situation in Kerala just flashed before my eyes. Water everywhere. Everyone is trying to fight against the flood. And that too in Kerala – one of the states where people are highly educated. They too suffer from such situations.

Have you ever thought why we are suffering from trouble with water everywhere? Water is a very important element





which has the ability to create as well as destroy life. It is an element which god has given us to fulfil our needs of life.

How can water destroy human life? How can it harm us if god has created this element? Have you ever thought about it?

There is a quotation which goes something like this: 'Giving is the way to achieve. If you harm someone, you will be harmed by others. If you spread goodness, you will receive goodness'. This simple quotation holds the answer. It clarifies all the questions.

When we harm water, pollute water, how can we be safe? All the problems we suffer from are our own doing. There is a short kirtan composed by our grandfather guru, Swami Sivananda, and the words of that kirtan are beautiful. It is a message from him to help us solve our water problem. The words of the kirtan are:

Eat a little, drink a little,
Talk a little, sleep a little.
Mix a little, move a little,
Serve a little, rest a little.
Study a little, worship a little.
Do asana a little, pranayama a little,
Reflect a little, meditate a little.
Do japa a little, do kirtan a little,
Write mantra a little, have satsang a little.

These lines mean that you should use only as much as you need. All our natural resources are not to satisfy our greed! Therefore,

today on this special occasion of Swami Sivananda's birthday, let us take a sankalpa, that from today and now onwards we will not waste water, we will not pollute the beautiful gift of god. Set a chart of water usage and use it according to that. Do not cheat! Stick to the chart, because . . .

Water is life,
Turned into strife.
If it had a voice it would say:
The essence I truly am,
Giving the promise of life, I can.
The element which holds you tight. That's me!
Don't you ever take me lightly.
I know who you truly are.
Don't create a deep scar.
I know your story.
I am your memory.
If I am gone, then so are you.

Care for me, be fully true.
Hold me tight, hold me right.
With love, I can be bright.

I am born to be free.
Save me now or I shall flee.
Then where will you be!

– 8 September 2018,
Sri Lakshmi-Narayana Mahayajna, Paduka Darshan



Three Purposes of BYMM

Swami Niranjanananda Saraswati



The first purpose is to imbibe *samskaras*, to develop a cultured, virtuous personality. If we are able to develop a cultured, virtuous personality then that will be our attainment in life. To feel happy and content that we are cultured and virtuous is something that will uplift us for all times to come.

Swavalamban: Independence, the ability to stand on our own two feet is the second aspiration of the Bal Yoga Mitra Mandal. and it is very important, because we have to allow our creativity to manifest. The ability to take our own decision and to know that it is correct and to stand by it is *swavalamban*.

Sanskriti: The third purpose is the love for our own culture. Any culture in the world must have two aspects, the material and the spiritual. To imbibe the material and the spiritual aspects of our culture, enriches our life, and gives greater understanding of the relationship that we have with nature, with our society and with God.

– 14 February 2012, Ganga Darshan, Munger

Children Present Themselves – And More

Bal Yoga Diwas 2017, Ganga Darshan, Munger



My name is Puja Kumari. I am a member of Bal Yoga Mitra Mandal. I have been coming to the ashram from 2015. I have learnt many things, for example, dance and asana. I enjoy doing asana very much. My favourite asana is padangusthasana, because it is a difficult asana. Not everyone can do it, but I can so I feel very proud. Asanas give me energy and make my mind strong.

Today we will present a few asanas that we have learnt. For everything we learn we thank our beloved Swamiji, ashram and seniors who teach us.

– BYMM – Puja Kumari

My name is Kushi Kumari. I study in class VI. I am a member of BYMM. I have been coming to the ashram from 2011. I have learnt many things especially dance. I am also in the havan group, but I like to do dance when I come to the ashram.



They teach me many types of dance like flip-flop, salsa, folk, bhangra, break dance, but I like to dance on Swamiji's kirtans and bhajans most. I enjoy these dances the best.

You must be thinking why we learn dance. How is it connected to yoga? In our dances we don't only have steps, we include asanas also. To do dance we need to be flexible. Asanas make us more flexible. Like this we stretch our body and mind.

Now we are going to present *Wajah tum ho*; it means 'you are the reason'. This dance is dedicated to our Swamiji because all good work we do is only because of one reason and that is Swamiji. Then we will present a dance.

Dance is an art, a culture and our heritage. As we know dance depicts emotion and great feelings about our culture.

Dance is given to us by Lord Krishna and Lord Nataraj. Lord Krishna liked dance very much. He used to do the Raslila with the gopis.

Dance is also a type of yoga. When we do yoga we feel better and full of energy. In the same way, dance helps us to be happy and fills us with joyful energy. I feel dance is a way to express our internal feeling and emotions.

Dance has a magical chain and a great capacity to connect people with each other. In dance there is no good and bad.

There is no reason. There is only one thing - happiness, joyfulness and fun.

So please smile and let us rejoice through these dances.

– BYMM – Kushi Kumari



My name is Adil. I am a member of Bal Yoga Mitra Mandal since 2013. I have attended many classes in the ashram like asana, karate, chanting, etc. I am in the karate group this year. I find karate exciting because there are many steps in karate like down kick, lower kick, upper kick. I like karate because it gives me self-respect. By practising karate I am so much more flexible.

Everybody knows that karate is for self-protection but to make kathas perfect it is most important to have concentration and balance. By doing kathas I have learnt self-control. If someone is in trouble I can also help them by doing the karate steps I have learnt and I can help each person. And this year I have learnt kathas which we will now show you.

So see this program and enjoy it. Especially these actions that are dedicated to our pyara Swamiji.

– BYMM – Adil



Short Story of Bihar School of Yoga

BYMM - Muskan

A hearty welcome to all of you participating in this sacred event of Guru Poornima.

First of all, I would like to thank all the gurus of our tradition due to whom we are celebrating this holy Guru Poornima program today. Do you know why I said all the gurus? I said so as the establishment of Bihar School of Yoga was the concept and thinking of Swami Sivananda, which was fulfilled by Sri Swami Satyananda and which is now being furthered by our Swamiji.

When Sri Swamiji got the instruction of yoga propagation from Swami Sivananda, he came here to Munger in 1956 after roaming around the whole of India. In Munger he first came to Paduka Darshan on the banks of river Ganga as he found peace and aloneness here. At Ganga Darshan he would go for a walk and sit on a rock in that place of the ashram which today is called Jyoti Mandir. There he saw a miracle - a white light shaped like a person who told him that this would be the place of yoga.

When Swami Sivanandaji took mahasamadhi in 1963, Sri Swamiji was in Munger and as per tradition, after the samadhi of one's guru, a disciple has to settle wherever they are at that moment. Sri Swamiji was in Munger, so he established Bihar School of Yoga in Munger near the holy Ganga.

In 1977 when the design of Ganga Darshan was shown to Sri Swamiji he said, 'I have seen this ashram before in 1950 when I was in Rameshwaram with Swami Sivananda',

because he had seen the whole plan of Ganga Darshan when he bowed down to the Shivalinga in Rameshwaram. You see the establishment of yoga in Munger was not just the vision or goal of one or two persons. It is all organized by god. It is the destiny of Munger.

Today Bihar School of Yoga has progressed a lot and we enjoy a comfortable life in the ashram. But if we talk about the early life in Bihar School of Yoga it was very difficult. There was not enough money to buy food, so sannyasins had to go to the market and collect useless leaves which were thrown by vegetable sellers. They cleaned the good parts, removed the rotten part and cooked it. They hardly used to cook 2 to 3 leaves in 10 litres of water. So imagine what conditions they have suffered.

50 years later, we eat a variety of food in the ashram. Today, many yoga classes are conducted, and many programs are organized. I think this is the only ashram in the world where we learn integral yoga, that is the yoga of head, heart and hands, which does not only include physical and mental practices, but it contains the development of the whole human character, which causes the rise of spirituality in our life. This integral yoga is what we call Yoga Chakra which includes 6 yogas: 3 external – hatha yoga, raja yoga and kriya yoga; and 3 internal – karma yoga, bhakti yoga and jnana yoga.

Bihar School of Yoga has also received many awards and honours. In 2017, Swamiji was given the Padma Bhushan and recently on this International Day of Yoga Bihar School of Yoga received the Prime Ministers award for outstanding achievement in the promotion and development of yoga. All this is because of our Swamiji who continues to work tirelessly for yoga.

So this is the short story of Bihar School of Yoga which is the head of integral yoga. And because of the establishment of Bihar School of Yoga we now come here to Sannyasa Peeth which has come next and is the hands of integral yoga.

I humbly salute all the gurus who made this happen.

– July 2019, Guru Poornima, Paduka Darshan, Munger

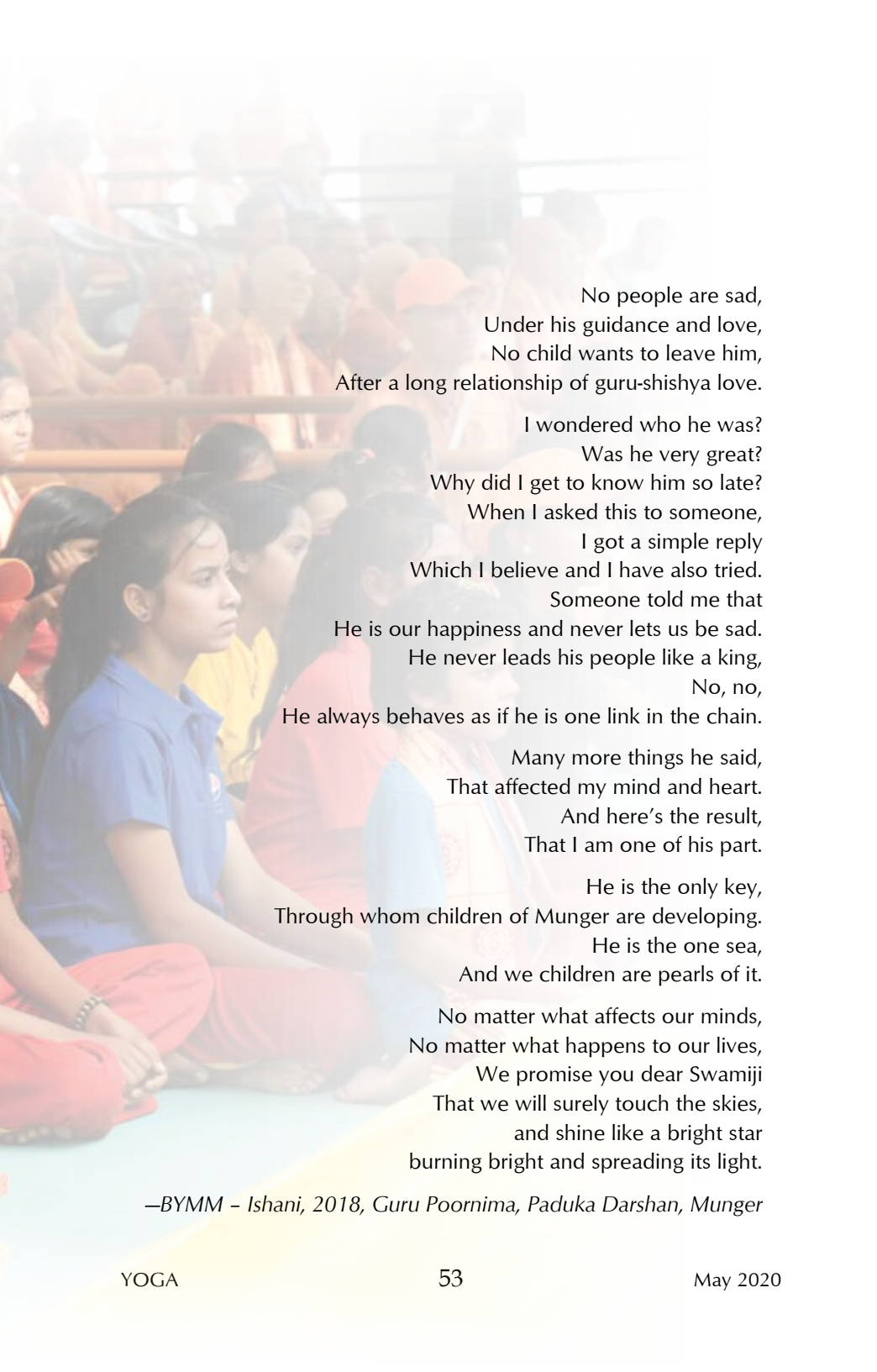
Our Swamiji

Without wasting much time in telling you about the greatness of Swamiji, I would just like to present a short poem on Swamiji's goodness which I have written on this great occasion of Guru Poornima. This poem tells of his positivity, my faith, his grace and my determination to follow his teachings.

A man I met,
In a wonderful place.
He behaved like someone very close,
But still seemed to be a stranger by face.

He greeted everyone,
With a big smile on his face.
Such a feeling came to me,
That he will surely guide me in life's race.

When I learned more about him,
I was very shocked!
For he looked after a big yoga university,
And a number of people.
But never appeared with
Lines of fear or tension on his head.



No people are sad,
Under his guidance and love,
No child wants to leave him,
After a long relationship of guru-shishya love.

I wondered who he was?
Was he very great?
Why did I get to know him so late?
When I asked this to someone,
I got a simple reply
Which I believe and I have also tried.
Someone told me that
He is our happiness and never lets us be sad.
He never leads his people like a king,
No, no,
He always behaves as if he is one link in the chain.

Many more things he said,
That affected my mind and heart.
And here's the result,
That I am one of his part.

He is the only key,
Through whom children of Munger are developing.
He is the one sea,
And we children are pearls of it.

No matter what affects our minds,
No matter what happens to our lives,
We promise you dear Swamiji
That we will surely touch the skies,
and shine like a bright star
burning bright and spreading its light.

—BYMM – Ishani, 2018, Guru Poornima, Paduka Darshan, Munger

Our Commitment

Swami Niranjanananda Saraswati



There is a commitment towards children to provide them with good samskaras which will help them progress in the life they choose. They should be given the right samskaras, the correct support and encouragement to help them progress and evolve in life, and to express their creativity in an unconditioned way. Naturalness is the best kind of samskara and simplicity is the most appropriate kind of encouragement.

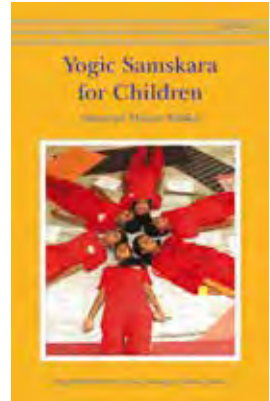


Yogic Samskara for Children

Sannyasi Manas Shakti


28 pp, soft cover, ISBN: 978-81-938918-5-8

Yogic Samskara for Children describes how the *yoga chakra*, the wheel of yoga, can be introduced to children in a creative, spontaneous and fun way. In the environment of a yoga class, they develop positive samskaras and a yogic understanding of themselves, their interactions with others and external situations. With guidance and encouragement, children are able to experience the six branches of yoga in their own way. They learn that with the right attitude, with openness and laughter they can bring yoga into their day-to-day activities and into their lives.



New

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



Websites and Apps

www.biharyoga.net

The official website of Bihar Yoga includes information on: Satyananda Yoga, Bihar School of Yoga, Bihar Yoga Bharati and Yoga Publications Trust catalogues.

[Satyam Yoga Prasad](http://www.satyamyogaprasad.net)

Available at www.satyamyogaprasad.net and as apps for Android and iOS devices.

The collected publications of Swami Satyananda and Swami Niranjanananda are being presented online on the occasion of the Munger Yoga Symposium.

[Bihar Yoga Wiki](http://www.yogawiki.org)

www.yogawiki.org

An online encyclopaedia of the Bihar Yoga system was launched on the occasion of the Munger Yoga Symposium 2018 with an aim to make the yogic teachings available to all in an accessible and easily understood way.

[YOGA & YOGAVIDYA Online](http://www.biharyoga.net/bihar-school-of-yoga/yoga-magazines/)

<http://www.biharyoga.net/bihar-school-of-yoga/yoga-magazines/>

<http://www.biharyoga.net/bihar-school-of-yoga/yogavidya/>

YOGA and YOGAVIDYA magazines are available as free apps for Android and iOS devices.

Other Apps (for Android and iOS devices)

- *APMB*, the bestselling yoga book from Yoga Publications Trust, is now available as a convenient, easily browsable mobile app.
- The *Bihar Yoga App* brings to the user ancient and revived yogic knowledge in a modern medium.

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Blessed Self

Hari Om

This is to inform you that due to the ongoing coronavirus pandemic and lockdowns affecting all, the Bihar School of Yoga, Munger, has not printed or dispatched the *YOGA* and *YOGAVIDYA* magazines after April 2020 issue.

However, all current issues of *YOGA* and *YOGAVIDYA* magazines are available online on the **Bihar Yoga, Satyam Yoga Prasad** and **YOGA magazine** apps and at www.biharyoga.net and www.satyamyogaprasad.net free of cost.

The current paid subscribers to the printed *YOGA* and *YOGAVIDYA* magazines will receive their back copies when the situation becomes normal.

Please check out the new books, video and audio recordings which are uploaded and available in satyamyogaprasad.net. Use this special time to discover old and new treasures of spiritual yogic wisdom and live yoga moment to moment.

Bihar School of Yoga apps (for iOS and android devices) now available:

<i>Bihar Yoga magazines:</i>	YOGA (English) YOGAVIDYA (Hindi)
<i>Bihar Yoga publications:</i>	Satyam Yoga Prasad
<i>Bihar Yoga educational:</i>	Bihar Yoga Asana Pranayama Mudra Bandha
<i>Bihar Yoga lifestyle:</i>	Yoga Lifestyle Program For Frontline Heroes

With prayers and blessings of Sri Swami Satyanandaji for your health, wellbeing and peace.

Om Tat Sat
The Editor