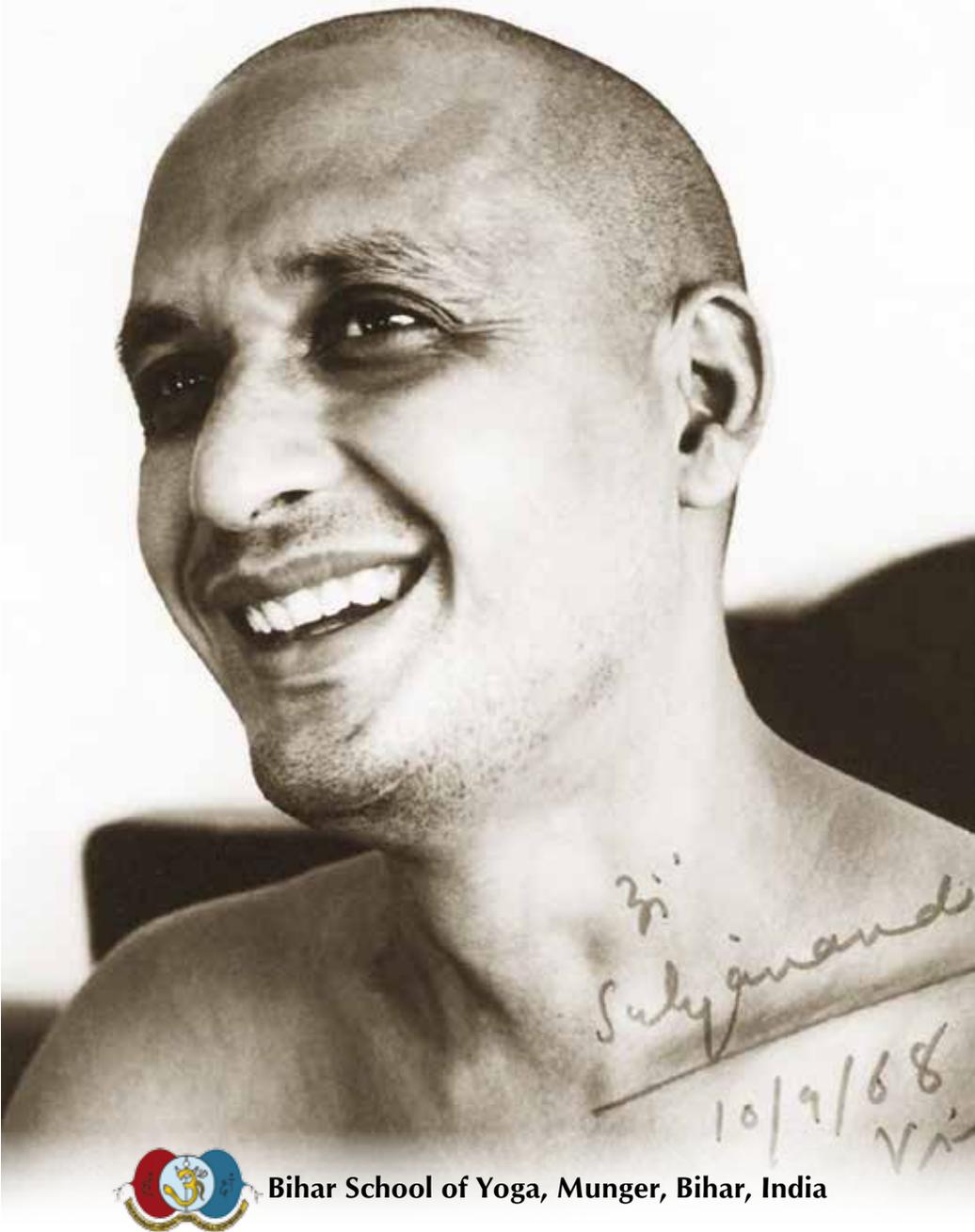


YOGA

Year 9 Issue 11
November 2020
Membership postage: Rs. 100



Bihar School of Yoga, Munger, Bihar, India



Hari Om

YOGA is compiled, composed and published by the sannyanasin 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.

Editor: Swami Gyansiddhi Saraswati

Assistant Editor: Swami Yogatirth-ananda Saraswati

YOGA is a monthly magazine. Late subscriptions include issues from January to December.

Published by Bihar School of Yoga, Ganga Darshan, Fort, Munger, Bihar – 811201.

Printed at Thomson Press India Ltd., Haryana – 121007

© Bihar School of Yoga 2020

Membership is held on a yearly basis. Please send your requests for application and all correspondence to:

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

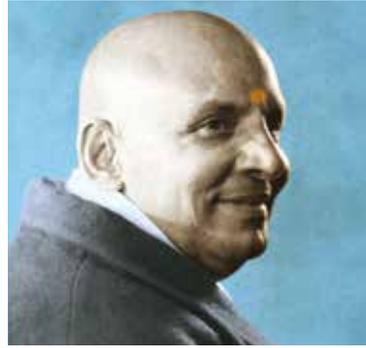
✉ A self-addressed, stamped envelope must be sent along with enquiries to ensure a response to your request

Total no. of pages: 56 (including cover pages)

Front cover & plates: Sri Swami Satyananda Saraswati's first World Tour, 1968

Cover: Vienna

Plates: 1: Mumbai, India; 2a: USA; 2b: UK;
2c: Japan; 3a: Australia; 3b: France; 4:
Singapore



GUIDELINES FOR SPIRITUAL LIFE

Advice to Yoga Teachers

Side by side with instructions on practical yogic processes, place always stress upon the great importance of sadachara, good conduct, yama and niyama. Inspire the students with noble idealism. Spur them on to strive for a life of lofty virtue, active goodness and selflessness. You must stress the need for self-purification and self-mastery. The true inner yoga is the transformation of the essential nature of man. This should be brought home in an effective manner, yet with great sympathy, understanding and insight. The aim is to attain divine consciousness.

—Swami Sivananda Saraswati

Published and printed by Swami Shivadhyanam Saraswati on behalf of Bihar School of Yoga, Ganga Darshan, Fort, Munger – 811201, Bihar

Printed at Thomson Press India (Ltd), 18/35 Milestone, Delhi Mathura Rd., Faridabad, Haryana.

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

YOGA

Year 9 Issue 11 • November 2020
(58th year of publication)

Contents

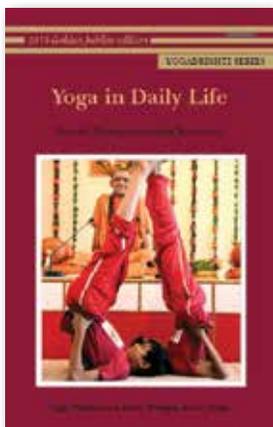
- | | | | |
|----|---|----|---|
| 4 | For a Better Expression in Life | 31 | My Encounter with the Pandemic: Covid-19 (Extracts) |
| 6 | International Day of Yoga 2020 | 37 | The Garden of Your Heart |
| 18 | Sixth International Day of Yoga – Impressions | 39 | About Perception (Extracts) |
| 22 | Yoga Capsule: A New Stress Buster (Extracts) | 47 | Ganga Darshan Lockdown |
| | | 50 | Parivartan – Time to Change |
| | | 53 | I Regulate Life Itself |

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 ॥

For a Better Expression in Life

Swami Niranjanananda Saraswati



Swami Sivananda and Swami Satyananda have both said that yoga is a medium, a means by which you can cultivate your inherent creativity and manage the external manifestations of the mind which cause grief and strife, in a better way. If you can learn how to manage your grief, tensions and strife, if you can learn how to manage your emotions, desires, ambitions and passions, then that state of equilibrium will lead to the birth of a different

consciousness, which is the drashta consciousness, described in the *Yoga Sutras* as *Tada drashtu swaroope avasthanam*, the state of the witness.

It is the state where you can become the witness of your participation in the world of maya, the world of senses and sense objects, rather than being a blind follower of the senses and sense objects. By cultivating this witnessing aspect you can see how maya influences you, affects you and how you can try to come out from the influence of maya.

When the waters of a lake are still, you can see the clouds, the sky, the trees, the mountains, the sun and the moon reflected in it. However, when the water is disturbed nothing can be seen in it. In the same way, when your mind is at rest the world is reflected in it; the inner excitement, restlessness and stimulation have been quietened. As the mind rests and finds peace, it discovers *sattwa*, the quality of truth, but when it is restless, you lose clarity of mind.



The yogic journey started from this idea. The sages taught that through yoga, it is possible to overcome the restrictive conditionings of life: the restrictions in the mind, energy and body. It is possible to have an understanding and experience of the higher nature, the transcendental nature beyond the range of attraction and the gravitational pull of maya, which is strong. In order to harness that energy and realize that consciousness, and then become free from the conditionings of life and the world, a system was developed. This system included physical practices, mental practices and many other types of practices, which could become the tools to transform the expressions of the faculties and energies that you normally express outwardly in your life.

– *Published in Yogadrishhti Series: Yoga in Daily Life*

International Day of Yoga 2020

Sadhana by Bihar School of Yoga



Blessed Selves,
Hari Om.

On the occasion of **the Sixth International Day of Yoga**, we offer our good wishes to all yoga aspirants, along with heartfelt prayers for their health and happiness. Since 2015, the International Day of Yoga has become an opportunity for yoga aspirants worldwide to connect with the ancient wholistic knowledge and tradition of yoga vidya.

The **Bihar School of Yoga** has been wholeheartedly supporting this global interest in yoga by inspiring aspirants to deepen their experience of yoga and adopt it not merely as a physical practice but as a healthy, harmonious and uplifting lifestyle as well.

International Day of Yoga 2020

Sadhana by Bihar School of Yoga



While everyone today is talking of social distancing, **Swami Niranjanananda** says: *“What we need is physical distancing and a robust, positive social connection. This is achievable if there is positivity in mind, and for it to be so, one has to de-stress from psychological disturbances and tensions.”*

The purpose of this Yoga Day should be to attain good physical health, increase inner positivity, and develop a healthy, robust, caring, supportive social connection with all.

International Day of Yoga 2020

Sadhana by Bihar School of Yoga



Yogic lifestyle involves moment to moment yogic awareness and fine-tuning of one's thoughts, responses and behaviour to maintain a positive, hopeful outlook in life and to care for oneself and the environment. The yogic attitudes and awareness are necessary through these times of uncertainty and change.

This year's program encourages yoga aspirants to live yogic principles and ideals throughout the day, from the moment of waking up to the moment of going to sleep. A mix of yoga practices, principles and routine will allow the aspirant to derive maximum benefit in terms of physical health, mental clarity, emotional balance and peace within, at home and at work.

International Day of Yoga 2020

Sadhana by Bihar School of Yoga



Swami Satyananda Saraswati says: "*Real life is within.*" The outer life is full of desires and distractions, inner life is happiness and peace. Connect with the inner self by living yoga moment to moment the whole day.

This day can serve as an **entry into living yoga**, with a new perspective, awareness and faith in the spirit of yoga leading to a more harmonious, healthy, happy and balanced life.

International Day of Yoga 2020

The day to start living yoga



YAMAS and NIYAMAS

The yama and niyama for today and the year is **kshama** and **namaskara** – *forgiveness and humility*.

Be aware of yourself today. Observe and better your interactions with family, work associates and friends.

Kshama – Manage pressures, irritation and disturbed emotions with forgiveness. Forgiveness helps in keeping a cool and clear decisive mind. See how forgiveness plays an important role in the normal day-to-day interactions you have. Forgive others, forgive yourself and keep on moving.

International Day of Yoga 2020

The day to start living yoga



YAMAS and NIYAMAS

Namaskara – Develop humility in speech, interaction and behaviour. Humility is an antidote for many situations related to ego, arrogance and anger. Observe your moods today and experience how humility can calm the fires of anger and ego within you .

Breathe, relax, respect and care for others, no matter who they are.

International Day of Yoga 2020

The day to start living yoga



Early morning

On this day, wake up early before sunrise. Set your alarm 30 minutes before sunrise on Yoga Day.

A daily yoga routine is the basis of a yogic lifestyle, and waking up early to the rising sun is the basis of the daily yogic routine. Waking early brings the body, mind and emotions into harmony with the biorhythms of nature, the earth and the sun. With practice, you will naturally wake to the rising sun, thus increasing the health and vitality of the whole body and mind.

International Day of Yoga 2020

The day to start living yoga



Early morning mantras – Three sankalpa mantra sadhana

1. Mahamrityunjaya mantra 11 rounds with sankalpa for physical vitality, health and wellbeing.
2. Gayatri mantra 11 rounds with sankalpa for mental clarity, positivity and contentment.
3. 32 names of Durga 3 times with sankalpa for overcoming all distress in life.

The strength and direction of these 3 early morning mantras is provided by the sankalpa or resolve. The sankalpa gives a direction to the energy created by the mantras, thus increasing the effect and influence of these powerful mantras.

When repeated early morning on waking while still in bed, these mantras are received effortlessly by the subconscious mind and guided by the sankalpa will have a deep and lasting positive influence on your daily life.

International Day of Yoga 2020

The day to start living yoga



Morning hatha yoga ASANAS – on an empty stomach before breakfast are as follows:

Tadasana, tiryak tadasana, kati chakrasana

PM 1 – Ardha & poorna titali (half & full butterfly), skandha chakra & greeva sanchalana (shoulder & neck rotation)

PM 2 – Padachakrasana (leg rotation), pada sanchalana (cycling)

PM 3 – Gatyatmak meru vakrasana (dynamic spinal twist), chakki chalanasana (churning the mill)

Practise up to 15 rounds depending on your ability and condition, with the awareness on breath and movement.

Practice surya namaskara for 3 to 6 rounds, at a pace comfortable for you with breath awareness.

Conclude your asana practice with shavasana with yogic breathing for 5 minutes.

International Day of Yoga 2020

The day to start living yoga



PRANAYAMA

Practice bhramari x 15 rounds and simple nadi shodhana x 15 rounds

Be aware of your breath throughout the day. **DO NOT** limit breath awareness to pranayama practice only. Practise yogic breathing for 5 to 7 minutes at different times during the day. See how those few deep breaths influence your mind and energy.

International Day of Yoga 2020

The day to start living yoga



Afternoon - SWAN Analysis

Set aside some time in the afternoon to explore the SWAN Analysis. The SWAN Analysis is a tool for us to analyze ourselves today and see how we can improve and change for the better.

Take a piece of paper and divide it into 4 columns. Each column has a title: strengths, weaknesses, ambitions and needs. Under the title list how you see yourself today. What are your strengths, what are your weaknesses? How can you improve and what steps can be taken to achieve that? Make notes in a journal on this Yoga Day 2020, and see how this year can become one of personal growth, change and improvement.

International Day of Yoga 2020

The day to start living yoga



Afternoon - Yoga Nidra

Set aside 30 to 40 minutes in the afternoon to recharge and renew yourself through yoga nidra.



International Day of Yoga 2020

The day to start living yoga

EVENING - Jyoti Aradhana

In the evening before beginning the Mahamrityunjaya mantra chanting, light a deepak or a candle and say a prayer of peace or the yogic Shanti Path for all.

Mahamrityunjaya Mantra x 108 times

Chant the Mahamrityunjaya mantra 108 times. The Mahamrityunjaya mantra has great power for healing. Chant this mantra with the sankalpa of health and strength for all. You can chant alone or with the family at home.



International Day of Yoga 2020

The day to start living yoga

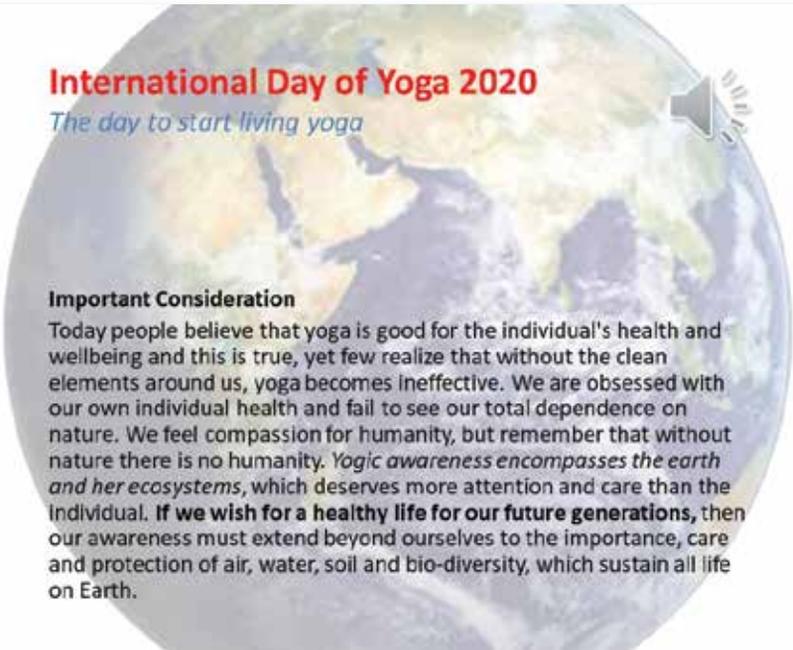
AT NIGHT BEFORE GOING TO SLEEP

Ajapa Japa with *So Ham* mantra, awareness in the frontal passage.

Samiksha or Review of the Day, reflecting over the events of the day to see how you have lived your day; the actions, reactions, interactions, prominent thoughts and behaviour.

Try to sleep early so you can wake early. This will allow your body and mind to rest and rejuvenate properly.





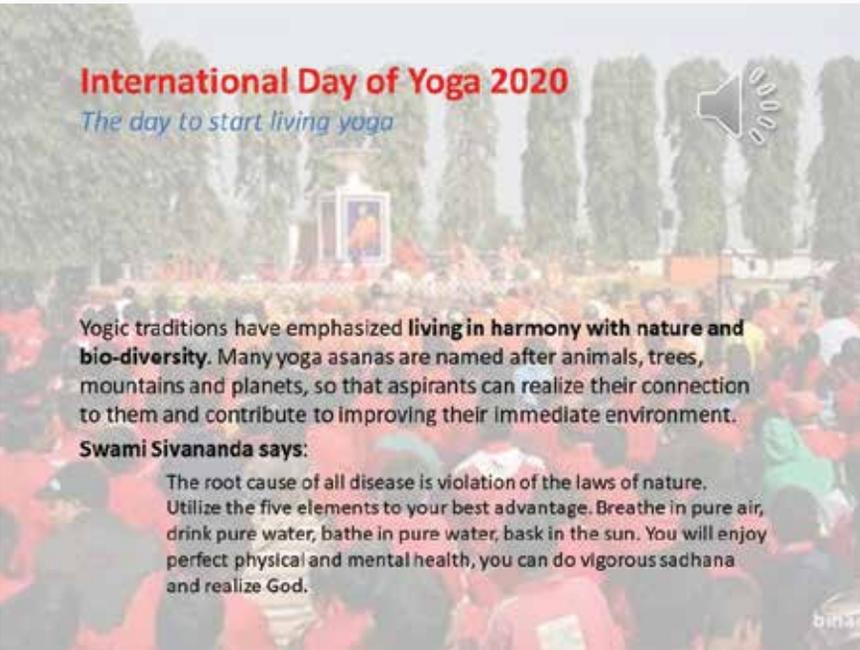
International Day of Yoga 2020

The day to start living yoga



Important Consideration

Today people believe that yoga is good for the individual's health and wellbeing and this is true, yet few realize that without the clean elements around us, yoga becomes ineffective. We are obsessed with our own individual health and fail to see our total dependence on nature. We feel compassion for humanity, but remember that without nature there is no humanity. *Yogic awareness encompasses the earth and her ecosystems*, which deserves more attention and care than the individual. **If we wish for a healthy life for our future generations**, then our awareness must extend beyond ourselves to the importance, care and protection of air, water, soil and bio-diversity, which sustain all life on Earth.



International Day of Yoga 2020

The day to start living yoga

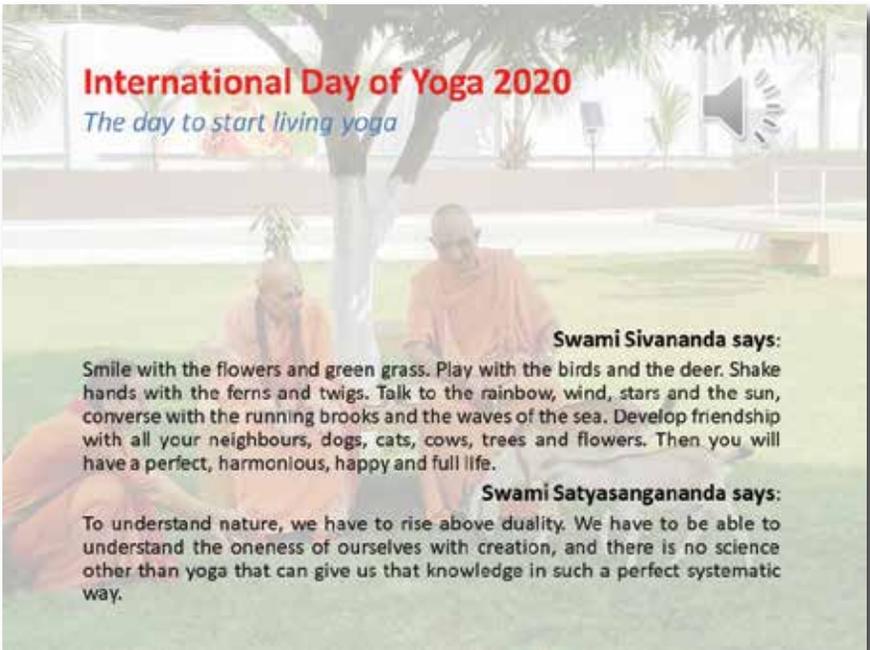


Yogic traditions have emphasized **living in harmony with nature and bio-diversity**. Many yoga asanas are named after animals, trees, mountains and planets, so that aspirants can realize their connection to them and contribute to improving their immediate environment.

Swami Sivananda says:

The root cause of all disease is violation of the laws of nature. Utilize the five elements to your best advantage. Breathe in pure air, drink pure water, bathe in pure water, bask in the sun. You will enjoy perfect physical and mental health, you can do vigorous sadhana and realize God.

bitac



International Day of Yoga 2020

The day to start living yoga

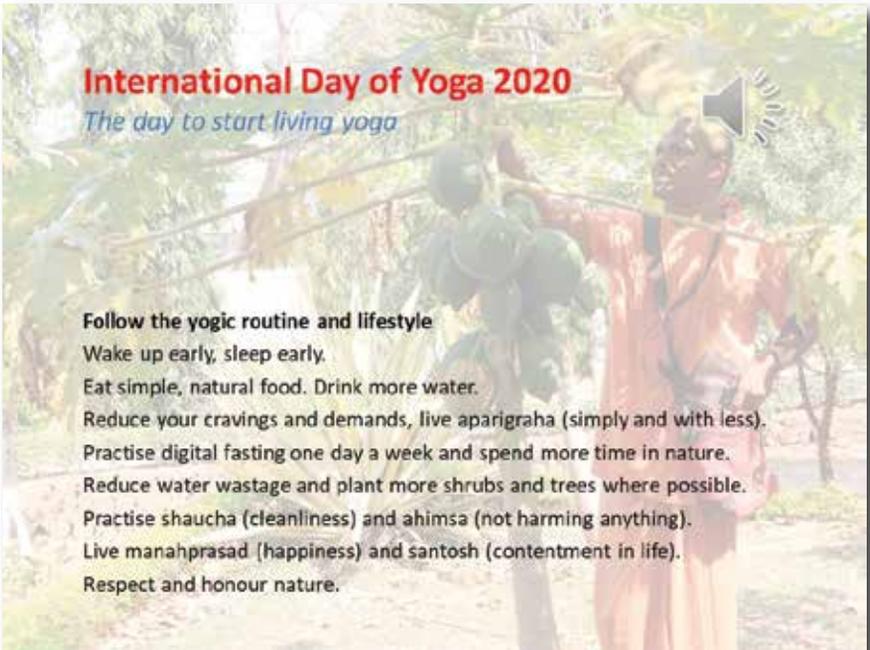


Swami Sivananda says:

Smile with the flowers and green grass. Play with the birds and the deer. Shake hands with the ferns and twigs. Talk to the rainbow, wind, stars and the sun, converse with the running brooks and the waves of the sea. Develop friendship with all your neighbours, dogs, cats, cows, trees and flowers. Then you will have a perfect, harmonious, happy and full life.

Swami Satyasangananda says:

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



International Day of Yoga 2020

The day to start living yoga



Follow the yogic routine and lifestyle

Wake up early, sleep early.

Eat simple, natural food. Drink more water.

Reduce your cravings and demands, live aparigraha (simply and with less).

Practise digital fasting one day a week and spend more time in nature.

Reduce water wastage and plant more shrubs and trees where possible.

Practise shaucha (cleanliness) and ahimsa (not harming anything).

Live manahprasad (happiness) and santosh (contentment in life).

Respect and honour nature.

International Day of Yoga 2020

The day to start living yoga



Swami Niranjanananda says:

We have all become so dependent and weak that we cannot live without a digital input for more than a few minutes to a couple of hours. Break this pattern and say to yourself:

'Today is my fasting day. It means fasting from digital consumption. Today I don't touch my phone, nor look at my messages, nor at social media. Today I don't look at my facebook, twitter, Instagram and bank account. Today I put my phone, computer, television aside and become myself. I take up a book and read it. I spend time in the garden, or the park with my family, laughing, singing, dancing, playing, and going out to inspiring places with them.'

International Day of Yoga 2020

The day to start living yoga



Sri Swami Satyananda says –

"Yoga lifestyle represents harmony, unity, support and coordination. This harmony and unity has to be expressed to your own self first, then with the people you live with."

International Day of Yoga 2020

The day to start living yoga



Yoga aspirants are advised to practise and live yoga moment to moment for the whole day on IDY. Remember it is NOT the International Hour of Yoga but the International Day of Yoga.

You can also incorporate many of these elements into your daily routine for one year and reflect on the attainments and the changes experienced in the quality of life.

We pray that the inspiration of yoga remains with you and in turn you are able to assist others on the path of yoga and yogic living.

Hari Om Tat Sat

International Day of Yoga 2020

The day to start living yoga



Live Yoga from Moment to Moment by connecting with the yogic vision, humanitarian mission and spiritual inspiration of the masters of the Bihar Yoga tradition and the Bihar School of Yoga.

www.biharyoga.net

www.satyamogaprasad.net

www.yogamag.net

And from IOS and Android stores:

Bihar Yoga app

Asana Pranayama Mudra Bandha app

Satyam Yoga Prasad app

Yoga mag app (English magazine)

Yogavidya app (Hindi magazine)

And for corona pandemic:

Yoga Lifestyle Capsule

Bihar Yoga For Frontline Heroes app

International Day of Yoga 2020

Practices

Click on the icons to listen and to practice.



Yoga Nidra (30 mins)



Ajapa Japa (15 mins)



Mahamrityunjaya Mantra 3 rounds (Chant 108 times)



Samiksha Dhyana (15 mins)

International Day of Yoga 2020

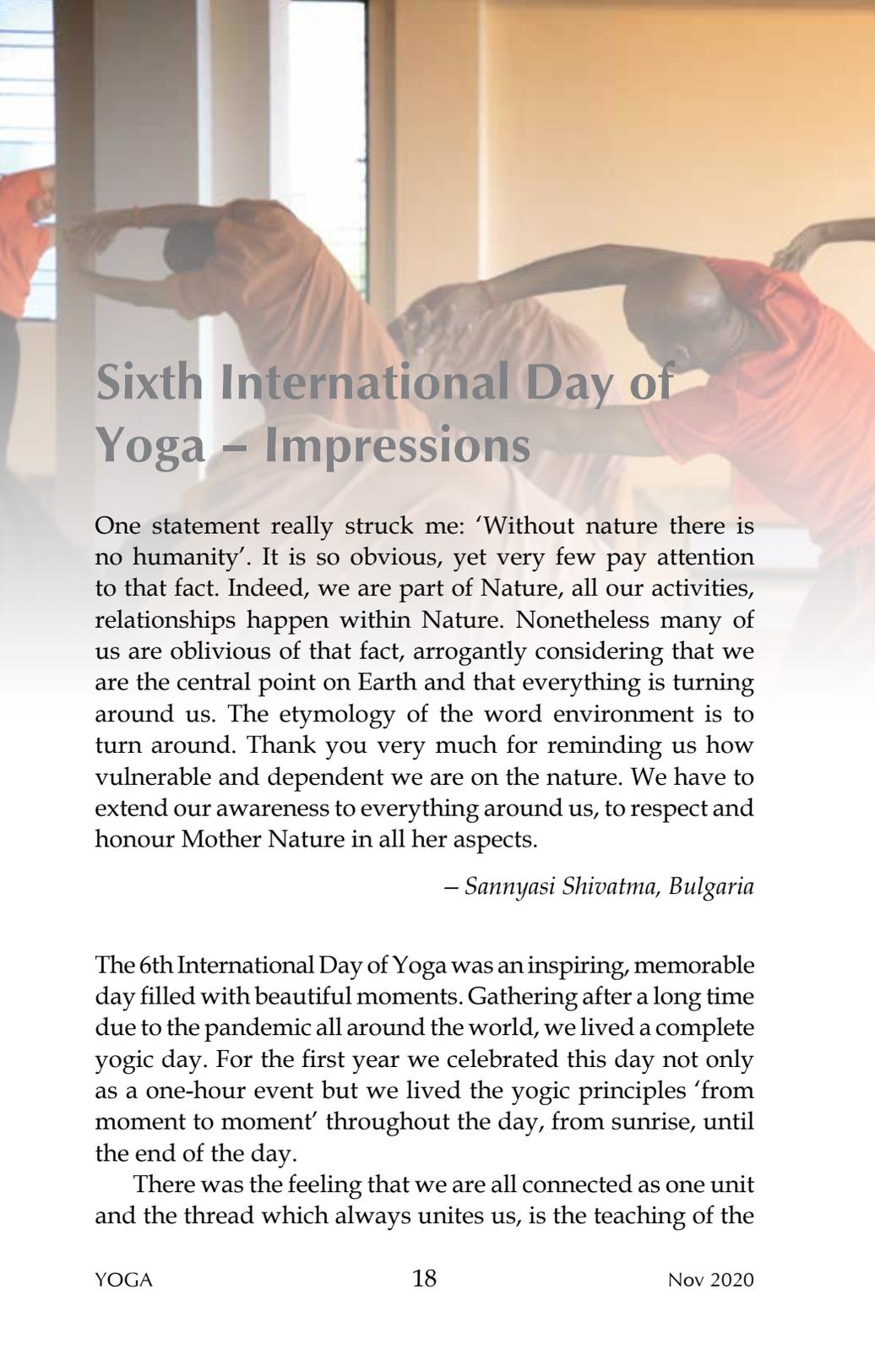
Bihar School of Yoga



Copyright 2020 Bihar School of Yoga, Munger, Bihar, India
Prepared June 2020

DISCLAIMER

This yoga program is meant for those who are yoga practitioners with a good level of health and fitness. If you are a beginner or have any type of health issues and concerns, please consult your medical doctor and follow their advice in regard to this yoga program.

A group of people, mostly men, are performing a yoga pose in a bright room. They are wearing orange clothing. The background is a bright, warm-toned wall with a window on the left. The text is overlaid on the image.

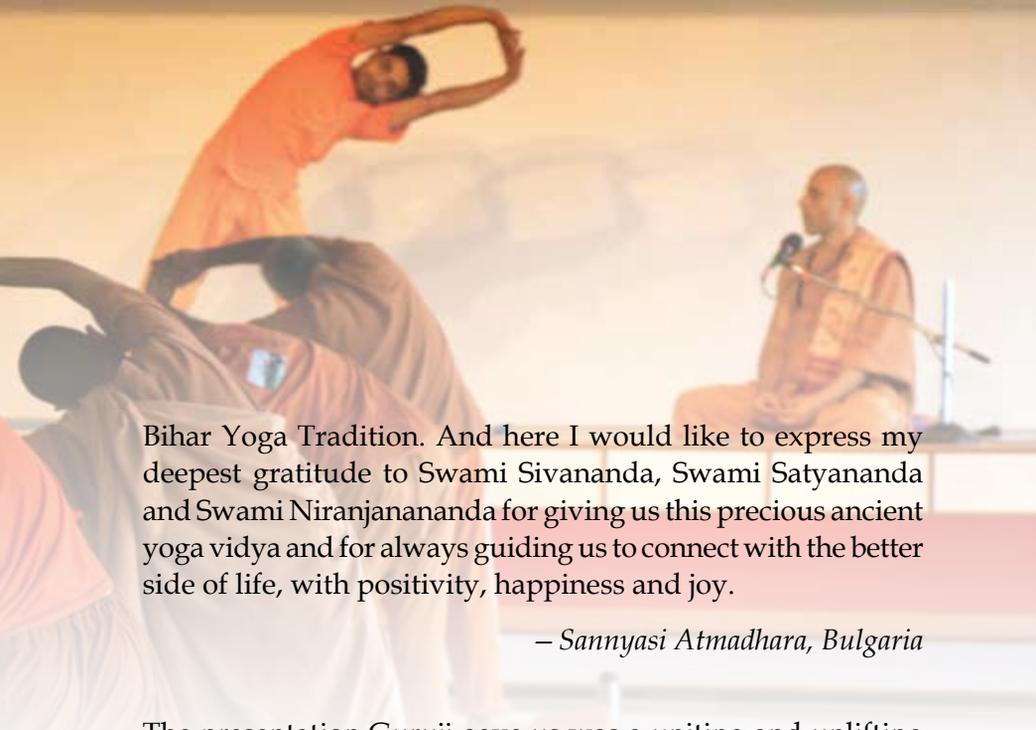
Sixth International Day of Yoga – Impressions

One statement really struck me: ‘Without nature there is no humanity’. It is so obvious, yet very few pay attention to that fact. Indeed, we are part of Nature, all our activities, relationships happen within Nature. Nonetheless many of us are oblivious of that fact, arrogantly considering that we are the central point on Earth and that everything is turning around us. The etymology of the word environment is to turn around. Thank you very much for reminding us how vulnerable and dependent we are on the nature. We have to extend our awareness to everything around us, to respect and honour Mother Nature in all her aspects.

– *Sannyasi Shivatma, Bulgaria*

The 6th International Day of Yoga was an inspiring, memorable day filled with beautiful moments. Gathering after a long time due to the pandemic all around the world, we lived a complete yogic day. For the first year we celebrated this day not only as a one-hour event but we lived the yogic principles ‘from moment to moment’ throughout the day, from sunrise, until the end of the day.

There was the feeling that we are all connected as one unit and the thread which always unites us, is the teaching of the



Bihar Yoga Tradition. And here I would like to express my deepest gratitude to Swami Sivananda, Swami Satyananda and Swami Niranjanananda for giving us this precious ancient yoga vidya and for always guiding us to connect with the better side of life, with positivity, happiness and joy.

– *Sannyasi Atmadhara, Bulgaria*

The presentation Guruji gave us was a uniting and uplifting gift for all the days ahead, giving me the vivid experience of the ashram atmosphere and Swamiji's presence.

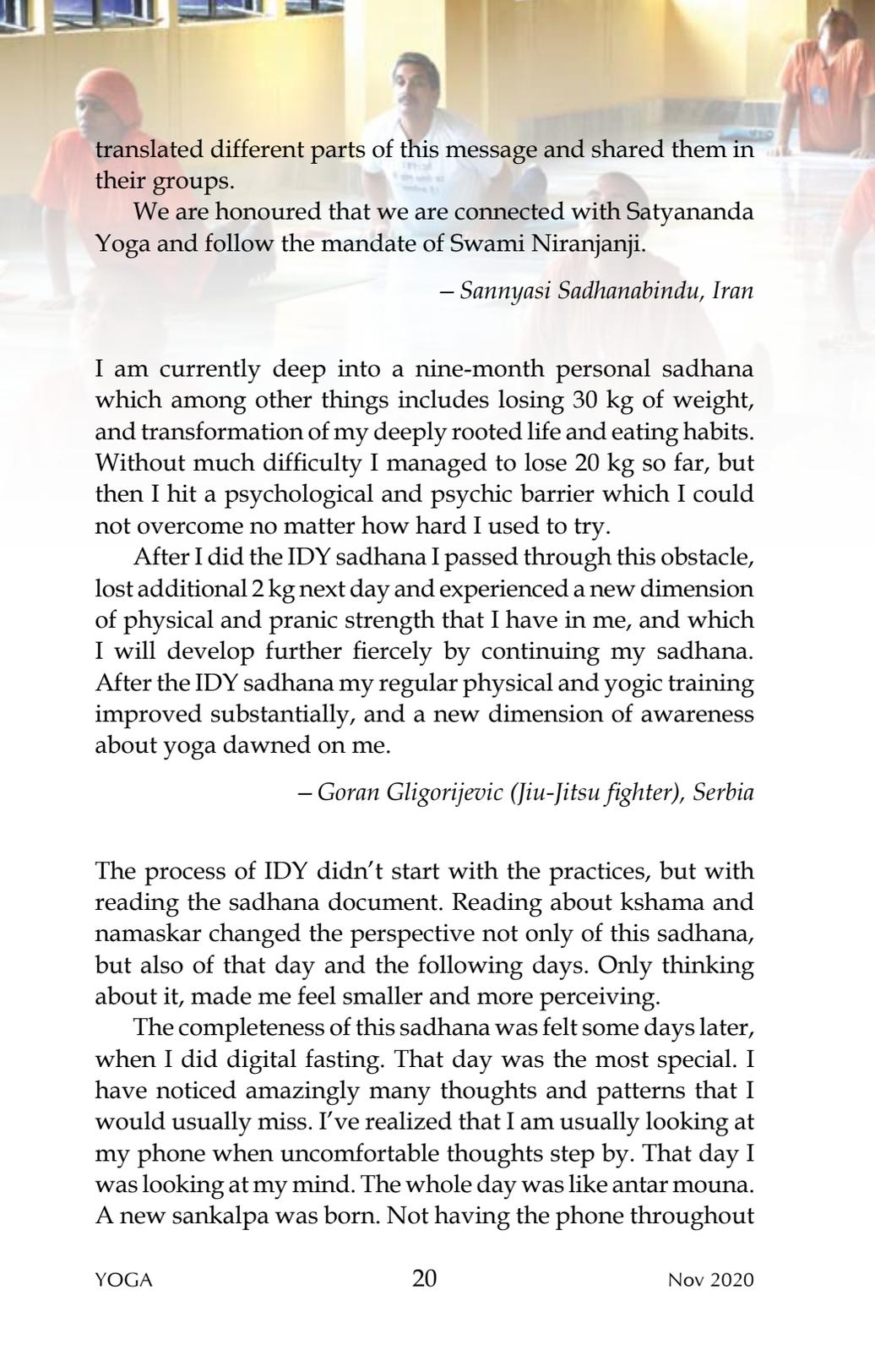
– *Sannyasi Tarpanvidya, Bulgaria*

The celebration of the 6th International Day of Yoga 2020 was for me an exciting experience that filled my heart with joy, gratitude and hope. This yoga day is the new beginning of my yoga life. Following the sadhana given by Bihar School of Yoga the day was perfectly organized by the Yoga Center 'Sita-Ram' and our teacher Swami Shruti Gnana Saraswati.

Thank you Swamiji for everything and for the rainbow.

– *Tatyana, Sofia, Bulgaria*

I translated the BSY message on the occasion of IDY and put it online. I read the whole message and a yoga student performed the practices. It was so heart-touching that in less than three hours it spread all over Iran. People were so inspired that they



translated different parts of this message and shared them in their groups.

We are honoured that we are connected with Satyananda Yoga and follow the mandate of Swami Niranjanji.

– *Sannyasi Sadhanabindu, Iran*

I am currently deep into a nine-month personal sadhana which among other things includes losing 30 kg of weight, and transformation of my deeply rooted life and eating habits. Without much difficulty I managed to lose 20 kg so far, but then I hit a psychological and psychic barrier which I could not overcome no matter how hard I used to try.

After I did the IDY sadhana I passed through this obstacle, lost additional 2 kg next day and experienced a new dimension of physical and pranic strength that I have in me, and which I will develop further fiercely by continuing my sadhana. After the IDY sadhana my regular physical and yogic training improved substantially, and a new dimension of awareness about yoga dawned on me.

– *Goran Gligorijevic (Jiu-Jitsu fighter), Serbia*

The process of IDY didn't start with the practices, but with reading the sadhana document. Reading about kshama and namaskar changed the perspective not only of this sadhana, but also of that day and the following days. Only thinking about it, made me feel smaller and more perceiving.

The completeness of this sadhana was felt some days later, when I did digital fasting. That day was the most special. I have noticed amazingly many thoughts and patterns that I would usually miss. I've realized that I am usually looking at my phone when uncomfortable thoughts step by. That day I was looking at my mind. The whole day was like antar mouna. A new sankalpa was born. Not having the phone throughout

the day felt as if I was on vacation. Without the phone I tasted one shape of freedom, and inner happiness.

These days around IDY felt as if I was in the ashram. I felt closer to myself, more aware, more introverted. This was a reminder that ashram can be everywhere, every day, with the right attitude, sankalpa and faith.

– Jignasu Devamitra, Serbia

We celebrated 6th International Day of Yoga 2020 as an online event for the local yoga aspirants. Two sessions were conducted one in the morning (for 2 hours) and one in the evening (for 1 hour).

- The morning session was well attended by 50+ people along with the Mayor, City of Sunnyvale.
- The evening session was in conjunction with the Consulate General of India, San Francisco, and they did facebook live and over 2 thousand people viewed.

Both the events started with kaya sthairyam and *Om* chanting. We played the International Day of Yoga message (powerpoint one – Sadhana part) from biharyoga.net followed by asana, pranayama and yoga nidra practices.

At the end of the program we also shared Bihar Yoga Apps and websites and talked about the lifestyle program published at <https://www.satyamyogaprasad.net>.

– Sajagmurti, USA



Yoga Capsule: A New Stress Buster (Extracts)

Dr Ashok Kumar Gupta, Former Professor and Head, Internal Medicine, Darbhanga Medical College

The lifestyle of many physicians is connected with hypokinesia or insufficient physical activity. It has well-known adverse effects. It has been proved that adequate physical activity decreases mild and moderate depression and anxiety. A reasonable amount of physical activity may also produce a healthy euphoria because of the release of endorphins in the body. Yogic practices like pawanmuktasana, surya namaskara, and other asanas can compensate for insufficient or unbalanced physical activity.

Considering the lack of time for yogic practice and the speed of life in modern times, a specific sequence of sadhana, a set of practices are easy to do, but take only 10 to 15 minutes to complete, which will benefit all dimensions of health. This sadhana has been termed as *Yoga Capsule* and has been designed by Padma Bhushan Swami Niranjanananda Saraswati, Munger.

Concept of yoga capsule

The physicians themselves are often the most important treatment tool. The ancient Indian surgeons knew that they had to keep their instruments sharp and clean. Medical professionals should maintain sufficient physical and mental fitness for themselves, as well as for their patient. Escaping from stress, overwork, unattended personal problems and doubts, into more work and consumer lifestyle does not solve anything. More positive ways have to be discovered and what could be a better positive way than to practise yoga?

As one takes a capsule of vitamins each day for good health, one should practise a Yoga Capsule every day to balance the energies in the body, improve mental efficiency, harmonize the emotions and bring excellence in undertakings. With this sadhana, anyone can incorporate yoga in their lifestyle for their betterment and upliftment without the need for major adjustments.

The yogic capsules contain three mantras, three to five asanas, two pranayamas, and a short relaxation. This capsule is to be 'taken' every day. Everyone can spare 10 to 15 minutes out of 24 hours of the day. Yoga has always emphasized that one can use 23 hours and 15 minutes for ambitions, social and family life, but 30 to 45 minutes of every day should be reserved for the self. By adopting this capsule, yoga will become part of life and spiritualize the daily lifestyle.

Mantra: Mahamrityunjaya mantra x 11, Gayatri mantra x 11,
32 names of Durga x 3

Asana: tadasana, tiryak tadasana, kati chakrasana, surya
namaskara

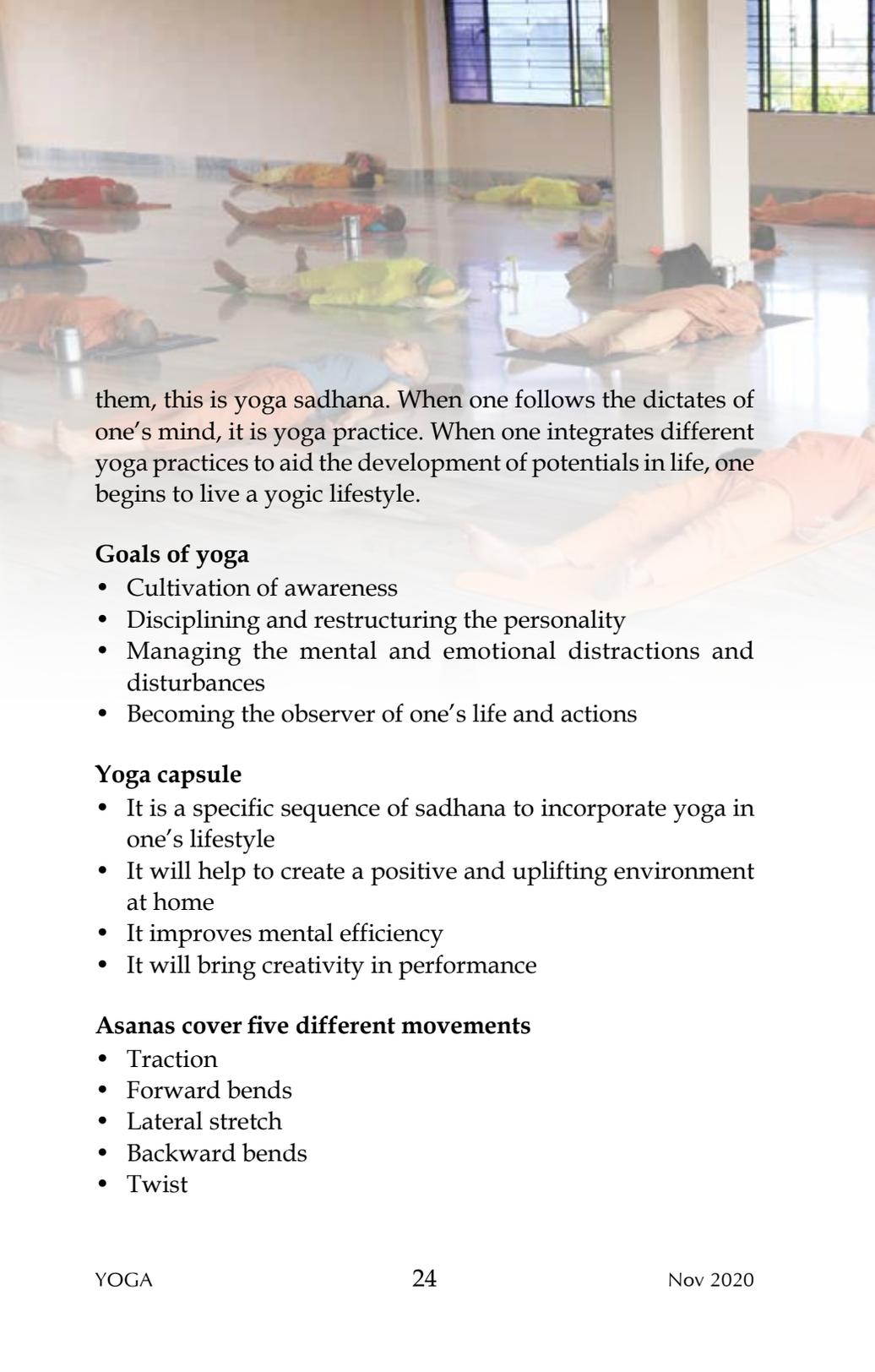
Pranayama: nadi shodhana, bhramari

Relaxation: yoga nidra

Become a gardener

Often it is said that one has to be a warrior to win in life, but a warrior wins by shedding blood and suppressing others, Yoga teaches that one has to be gardener in life. We have been given a barren piece of land and through our personal effort we have to convert it into a beautiful garden. It requires hard work and diligent effort to remove the rocks and weeds, mix the earth, and prepare proper beds. It is only then that we plant the seed. Once planted, we protect it.

This is the process that we go through when we practise yoga, not to satisfy the whims of our mind, but to follow and experience the aim set by yoga. Yogic goals are very clearly defined. When one focuses on these goals and strives to achieve



them, this is yoga sadhana. When one follows the dictates of one's mind, it is yoga practice. When one integrates different yoga practices to aid the development of potentials in life, one begins to live a yogic lifestyle.

Goals of yoga

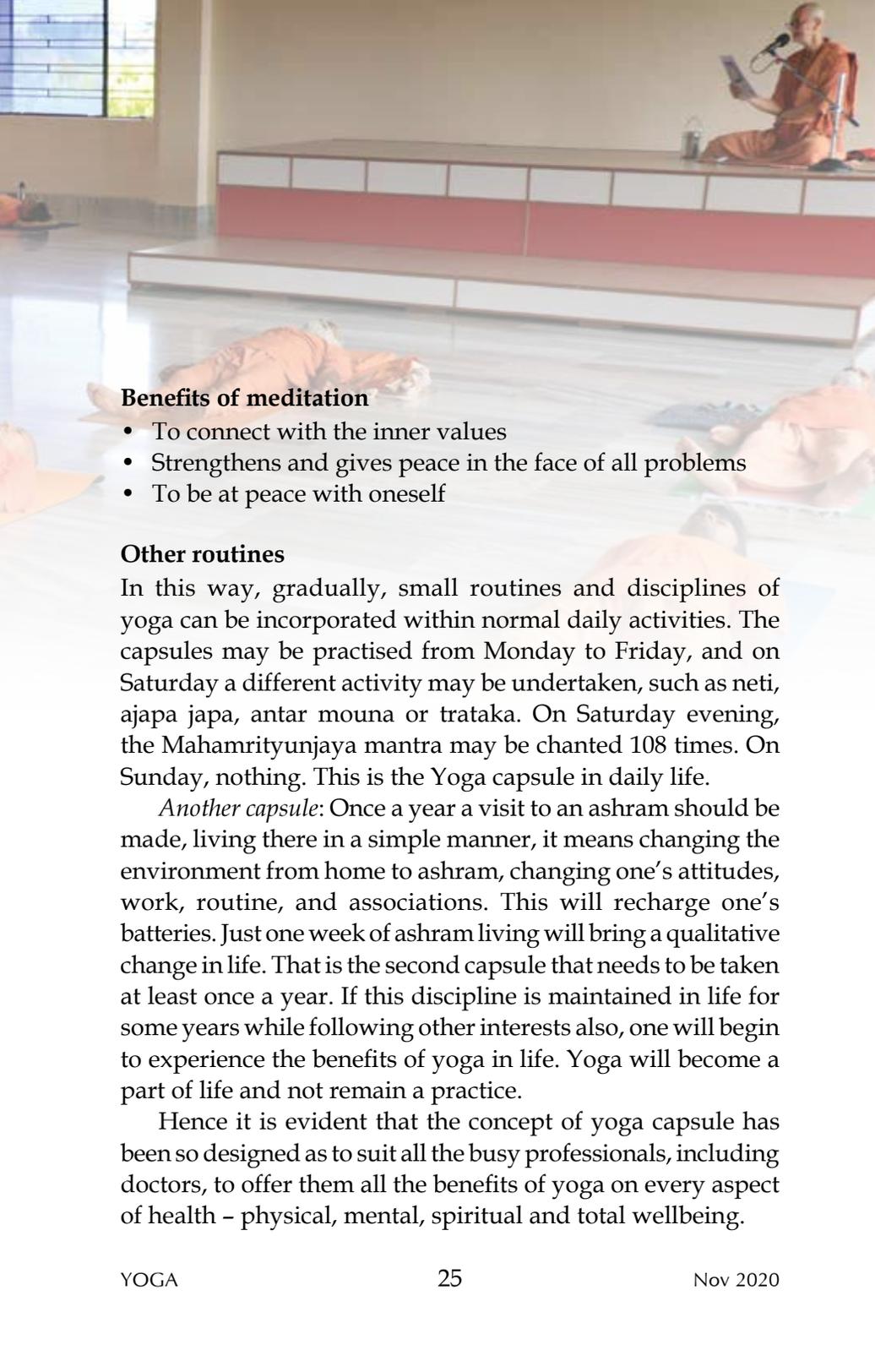
- Cultivation of awareness
- Disciplining and restructuring the personality
- Managing the mental and emotional distractions and disturbances
- Becoming the observer of one's life and actions

Yoga capsule

- It is a specific sequence of sadhana to incorporate yoga in one's lifestyle
- It will help to create a positive and uplifting environment at home
- It improves mental efficiency
- It will bring creativity in performance

Asanas cover five different movements

- Traction
- Forward bends
- Lateral stretch
- Backward bends
- Twist



Benefits of meditation

- To connect with the inner values
- Strengthens and gives peace in the face of all problems
- To be at peace with oneself

Other routines

In this way, gradually, small routines and disciplines of yoga can be incorporated within normal daily activities. The capsules may be practised from Monday to Friday, and on Saturday a different activity may be undertaken, such as neti, ajapa japa, antar mouna or trataka. On Saturday evening, the Mahamrityunjaya mantra may be chanted 108 times. On Sunday, nothing. This is the Yoga capsule in daily life.

Another capsule: Once a year a visit to an ashram should be made, living there in a simple manner, it means changing the environment from home to ashram, changing one's attitudes, work, routine, and associations. This will recharge one's batteries. Just one week of ashram living will bring a qualitative change in life. That is the second capsule that needs to be taken at least once a year. If this discipline is maintained in life for some years while following other interests also, one will begin to experience the benefits of yoga in life. Yoga will become a part of life and not remain a practice.

Hence it is evident that the concept of yoga capsule has been so designed as to suit all the busy professionals, including doctors, to offer them all the benefits of yoga on every aspect of health – physical, mental, spiritual and total wellbeing.

Conclusion

- Short sessions of 15 minutes each, after bathing in the morning, in the afternoon, and at bed time can be devoted to yoga practice as in the concept of the yoga capsule.
- The effect of yoga is never evident immediately, rather it is experienced slowly in areas like one's power of concentration and depth of relaxation.
- Mental and emotional tension generated day to day will slowly reduce. It is here yoga begins.
- Yoga does not begin by standing upside down or wearing guru clothes. Rather yoga begins by developing awareness, *sajagta*.

Suggested reading

Swami Niranjanananda Saraswati, *Prana and Pranayama, Tranquillizing Pranayamas*, 2002, Yoga Publications Trust, Munger, Bihar, India

Swami Niranjanananda Saraswati, *Satyananda Yoga-Bihar Yoga, Yoga Capsule*, 2013, Yoga Publications Trust, Munger, Bihar, India

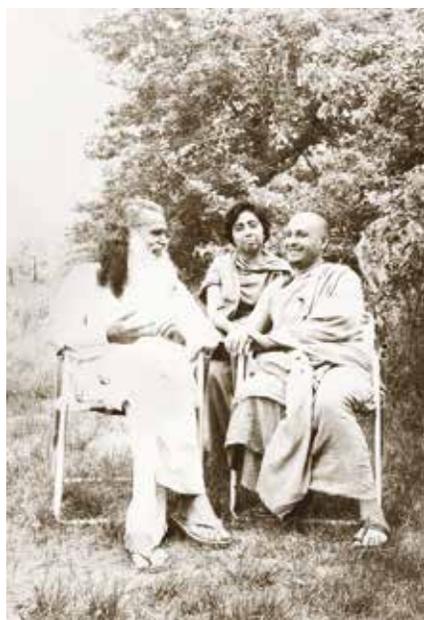
Swami Satyananda Saraswati, *Asana Pranayama Mudra Bandha*, 1969, Yoga Publications Trust, Munger, Bihar, India

Swami Satyananda Saraswati, *Meditations from the Tantras, Meditation and Health*, 2001, Yoga Publications Trust, Munger, Bihar, India

Swami Satyananda Saraswati, *Yoga Nidra, The Art of Relaxation*, 1998, Yoga Publications Trust, Munger, Bihar, India

– *Published in Medicine Update, Volume 30, 2020,
An Official Publication of the Association of Physicians, India*









My Encounter with the Pandemic: Covid-19 (Extracts)

Vineet Kumar Das, Chief Manager, State Bank of India, Institute of Learning & Development, Deoghar (Jharkhand)

On Sunday, 21st June, I developed mild body ache which persisted until next morning. Over the next few days, I developed various physical symptoms, I felt tired, feverish, heaviness in the nose; I lost the sense of taste. In the morning of 27th, I noticed that I had lost the sense of smell, and I feared that I might be trapped by Covid-19, especially as one person in the department had been diagnosed positive with the corona virus.

I consulted a local doctor after taking an appointment over the telephone and duly narrating him the symptoms and health conditions. He was a nice human being who advised me to come after two hours. When I entered his clinic I kept social distancing and used a mask throughout. The doctor said that he would refer me for a Covid test in case the situation did not improve in the next three days. He kept close watch on me.

On 28th and 29th, my situation worsened, I completely lost smell and taste, whereas the fever remained at the same level. I was unable to smell the sharpest of aromatic thing; Dettol, Phenol, Vicks, they were not at all detectible.

Two of my sense organs were not working properly and even my skin, the sense of touch, was also slightly numbed. I was unable to completely feel the touch of anything in its natural order. I felt that my senses and sensitivity had been hijacked by someone and I was not in total control. I was taken aback to know that my office head was diagnosed with Covid positive in Kolkata.

On 30th June, I requested one of our senior colleagues to arrange for Covid tests for all the officials. By that time, I was suffering from a complete loss of smell and taste, fever, and a

feeling of absent-mindedness. Although I was not having any congestion in the chest or any respiratory disorder or any pain in the throat, with all knowledge which I had about Covid-19, I was sure that I was a Covid affected person. I faced it boldly because I knew that there was no medicine for this disease.

Many people hide themselves and don't tell anyone if they are found Covid positive. When I was going for testing, I had informed my neighbour and the caretaker of the apartment and also told them that one of my colleagues at the office had been found positive. I was aware that society could show only minimal sympathy for Corona patients, nevertheless I did this as a responsible citizen. Thanks to the Almighty I mustered courage to remain balanced.

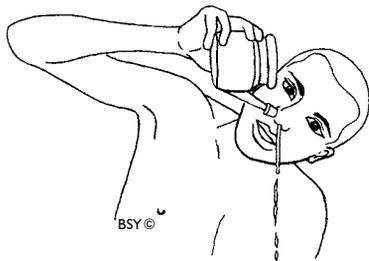
From 30th June to 3rd July, I contacted a few of my friends who had already faced Covid victoriously and were experienced. I took their advice seriously, although still waiting for my report. I happened to be of the opinion that precautionary measures must be started religiously as soon as any symptom came into notice. Most people wait for the test report to come before they start any precautionary measures. It is a very common mistake that may push them on to the back foot.

My routine during home isolation

- I used to wake up at 6 am and take 2 glasses of hot water.
- After getting fresh, I gargled with hot water, salt and Betadine gargle solution.
- I performed yoga (kapalbhati, anulomvilom, bhastrika) followed by reciting of the Mahamrityunjay mantra 21 times. Later I also included recital of the 32 names of Durga as chanted by Swamiji during yoga camps.
- I used Kadha made of natural ingredients viz., tulsi, ginger, black pepper, cloves, cinnamon and giloy powder 2 to 3 times a day, alternating it with hot lemon water. I used to relax momentarily, but again the same state of body and mind would resume and I would feel overpowered. I felt

that taking a large dose of these was not as relieving as taking small amounts very frequently.

- I also inhaled vapour of hot water mixed with Vicks frequently.
- When these things were not yielding fast results, my wife suggested jal neti kriya. She bought one pot for doing this and persuaded me to do it. She knew that jal neti used to be very effective in cleansing the nasal area as she used to practise during her school days. Moreover, I contacted Swami Dharmrakshitji, for providing inputs on doing jal neti. He sent me some write up and asked to follow it meticulously. During 1st to 4th July, I did jal neti 3 times a day with lukewarm water (300 to 400 ml) mixed with $\frac{1}{2}$ tsp of salt. On every practice and its repetition, I started feeling better and better. From 2nd, I sensed that my taste started improving and the improvement continued.
- I was following a very simple diet and other than the medicine prescribed by the doctor, I was taking Giloy Tablet (2 Tab Twice), Ashwagandha Tablet (2 Tab Twice) and a cough syrup (Swasari Prawahi – 2 tsp x thrice)



Tested positive

On the afternoon of 4th July, I received a call from the Government Hospital, Deoghar, asking about my whereabouts. The person on the phone did not tell me anything about my report. I was a little surprised. I told my senior colleague at the office about it. He assured me to update. After half an hour, I received a call from him stating that I was tested positive for Covid. When I got this news, I was worried about the members of my family. A team of health workers arrived near my apartment to carry me to the Covid Centre. All the residents of the apartment were looking at the happenings with curiosity

and fear. I came down with a few essentials like clothes and medicines in a bag. One of the members of the hospital team captured the moment in his camera and asked me to take a seat inside the ambulance. I was not fearful at all as I knew that these things were happening on a daily basis in the surroundings, but I was worried about my family members.

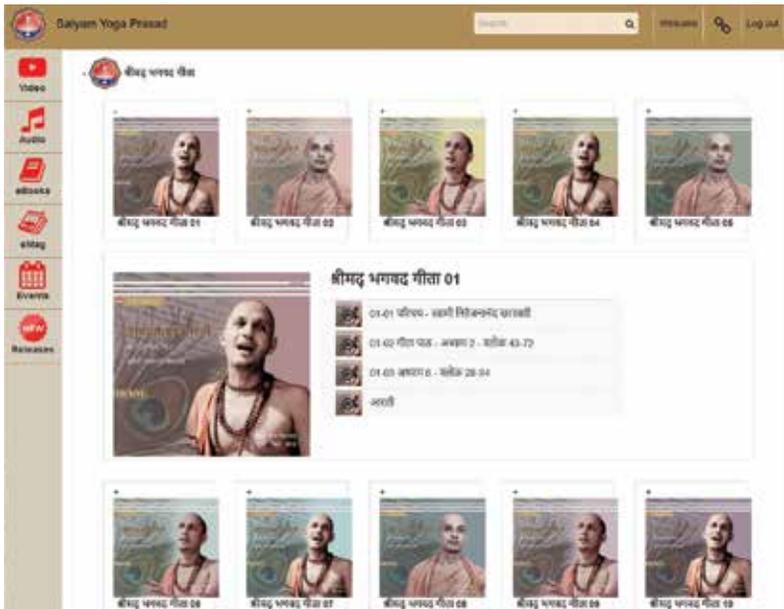
The next day, I was in the news of the local daily newspaper, easily identifiable by my orange T-shirt imprinted with BSY-Silver Jubilee stamp which I had put on that day. I was just looking at what was happening without having any idea of what was happening.

At the centre

I was taken to the Covid Centre, a far off place around 8 to 9 kms away from town. I found that I was the only person staying there. It was like a lonely community hall having a boundary, but all gates were open allowing free access to animals. The place known as Guest House, had two storeys with a collapsible grill at the entrance and quite a few single rooms inside. I was told to go inside and the grill was closed. I somehow managed to talk to the district authorities and requested them to provide a night guard. There was no fan, no bulb, and no facility for regular drinking water or hot water. I will always remain thankful to all my friends, working with me, who arranged every essential for me and made my stay there comfortable. This was the place where quarantined people were placed for recovery. Next day five patients were quarantined from the same family. The situation was getting scary.

A team of health workers collected samples of the family members the very next day. Sanitization of the home was arranged by NDRF, the National Disaster Relief Force, team. Health workers were on the rescue of all affected, risking their lives. I heartily salute these guys, who remain always ready to face any situation as their duty.

I spent five days at the quarantine centre with a positive mind and approach towards life. I was a usual listener of SYP



(Satyam Yoga Prasad), an app of Bihar School of Yoga, Munger. I used to listen to the teachings of *Gita* delivered by Swami Satyananda Saraswati and kirtans of Swamiji. The spiritual connection that I had developed always kept me hopeful and lively. Swami Dharmrakshitji sent one photograph of Swamiji on my mobile wherein Swamiji was bearing a godly smile on his face. His smile and blessings were reassuring me of the return of health and happiness.

One day during quarantine, I was thinking, 'What will happen if I don't recover?' Spontaneously, a sense of gratitude emerged in my mind provoking me to realize the existence of the Almighty. I completely surrendered to God and convinced myself that God owned this body or *kaya*, this soul or *atma*, and none are in my control, so what is there to worry about! The care which I was taking to cure the body was karma and Swami Satyananda Saraswati preaches about sukarma to be the best form of karma. Thus, I realized that spiritual learning had the power to keep one upright and strong in adverse conditions. I was following the same routine and recovering day by day.

On 6th July, the test report of my family members came which was negative. I understood the result of timely self-isolating which helped in keeping other members of my family safe from the virus. I had witnessed that in the same Covid centre many members from the same family were infected and quarantined. It also taught me a lesson that self-discipline scores over other's discipline and it always leads to the right path.

The health care workers again took my sample on 8th of July for retesting. On 9th the report came as negative. I was released from the Covid centre with thumping hands by the team of health workers as well as the patients already staying quarantined there. I wished every patient early recovery and prayed to the Almighty for their wellbeing. I continued 'home stay' with a similar routine for the next fourteen days and resumed normal domestic life thereafter.

I must make it a point that saving others from getting the infection is the first defence for saving oneself.



The Garden of Your Heart

Swami Sivananda Saraswati



The mind is like a garden. Just as you can cultivate good flowers and fruits in a garden by ploughing and fertilizing the land and removing the weeds and thorns and watering the plants and trees, in the same way you can cultivate the flower of devotion in the garden of your heart by removing the impurities of the mind such as lust, anger, greed, delusion, pride, and watering it with divine thoughts.

Weeds and thorns grow in the rainy season and disappear in summer, but their seeds remain underneath the ground. As soon as there is a shower of rain, the seeds again germinate and sprout. In the same way, the *vrittis* or modifications of the mind manifest on the surface of the conscious mind, then disappear and assume a subtle seed state in the form of *samskaras* or

impressions, and again become vrittis either through internal or external stimulus.

When the garden is clean, when there are no weeds and thorns, you can obtain good flowers and fruits. So also when the heart and the mind are pure, you can have the fruit of good deep meditation. The mind becomes impure if it is not kept clean by the regular practice of meditation. Therefore, cleanse the mind of impurities first.

Pierce through the steel armour of biased thoughts and try to see the divinity in every object. With each divine thought, the mind rends the thin rinds of the visible and finite and comes out into eternity.

Your destiny is mapped out by your thoughts. You have only as much power as you imagine you have. The limit of your thought is the limit of your possibilities. Your circumstances and environments are the materialization of your thoughts. Whatever thought you cherish will be ultimately realized.

The mind is a mischievous imp. It is like a jumping monkey. It must be disciplined daily. Only then will it gradually come under your control. It is only by the practical training of your mind that you can encourage good thoughts and actions to arise, and sustain good thoughts and actions when they have arisen.

Thought is a good servant. It is an instrument. Utilize it tactfully and properly. The prime requisite for happiness is control over the thoughts. Your thought is imprinted over your face; thought is a bridge that connects the human with the Divine.

Drive away from your mind all unnecessary, useless and obnoxious thoughts. Useless thoughts impede your spiritual growth; obnoxious thoughts are stumbling blocks to spiritual advancement. Useful thoughts are stepping-stones to spiritual growth and progress.

Send out a steady stream of thought and goodwill to all creation. The energizing motive behind every thought should be service and friendliness.

About Perception (Extracts)

Vanisha Nebhwani, Madrid, Spain

In this report I will explore how perception of individuals, and us as a collective, see and experience the world around us. I did this by using two common subjects: colours and dreams that turned out to be my two projects and pathways into finding an answer for one common question:

How do humans perceive the world?

Does everyone see things the same or differently?

To what extent?

These questions frame the entirety of my work during the past few months, delving into what is perception and how the mind works as a whole.

Ways of seeing the world are interpreted differently for everyone, causing them to have their own perception of what life is. But what is perception? Why do we all have different opinions for certain matters, but think exactly the same in others? Perception is the process of getting, interpreting, selecting, and organizing sensory information. It is more than information coming into the brain, it is also how we communicate and interpret the information being fed.

Perception in my opinion affects everyone, starting from the individual to the society as a collective. We all gather information and process it making us perceive the world through our experiences and emotions. Everyone needs interaction with each other to figure out that we see the world differently to others. If we did not interact with anyone, we would never find out our own ways of seeing life.

Whilst developing this project, I wanted to gather more theoretical knowledge about the mind in individuals. Joseph Albers is an artist, educator and theoretician of art whose work talks about colour theory, how it is relative to its surrounding

and changes according to the viewer. "If one says 'red', and there are fifty people listening, it can be expected that there will be fifty reds in their minds. One can be sure that all these reds will be very different." This was one of his remarks that led me on to develop my first subject further. He also talks about how perception is an illusion and how we don't see colours as they really are.

Alan Watts is commonly known for interpreting and popularizing certain traditions such as Buddhism and Hinduism, but the speech that related to my theoretical practice was a talk called 'What is Reality'. This was one of the factors that sparked my interest for my second subject to explore, dreams. "A person who thinks all the time has nothing to think about but thoughts, so he loses touch with reality and lives in a world of illusions."

The world of illusion which I then translated into the dream world, one where everything is another way of exploring your perception. "Time to wake up! What is reality?" Are our dreams just another way of seeing reality and how can one explain the 'actual' definition of reality? At the end of the day, it will be from the talker's point of view.

Most of my work is heavily based on the understanding of how our brain functions and the ways of thinking. Perception uses sensory information and data to gather an interpretation, and it is more than information being read or coming out, it is individual for each soul. Behaviour is another main topic that correlates to perception. Behaviour changes according to types of environments hence changing the way we see and think. Philosophy plays the most important role in my project as this entire project is a study of reality and existence, two disciplines that are fundamental in philosophy.

Identifying a frame

We, as a race are all involved in the world of perception. Without any interaction, emotion, senses, we wouldn't have any sort of perception as there wouldn't be any experiences to

base it from or a contrasting point of view. As an individual and as a community, we work and interact with each other through our ways of seeing. This is how connections between humans get stronger, when our perceptions are similar or we connect with someone who views the world from a similar point of view.

Using common experiences and subjects such as colour and dreams (my two pathways) my audience created connections between each other, sharing their perception of what they believe in and how they have experienced the world with their own eyes, if you might say, their eyes were windows into their souls, their minds. Showing how emotions and experiences can change the way they watch a world through colour, or how they would imagine the world through their dreams according to their experiences and desires in life.

Where does perception exist? In my opinion it is limitless, it can't be controlled it is everywhere and anywhere. It doesn't have an exact place where it can be found, rather it can't be confined to any place. It is in everyone's soul, each individual has their own head space in which it lives in and manifests in their day-to-day experiences.

Fundamentally, in terms of our perceptions, we are all alone in our mind, but as a collective it is all around us, in our world, in our communication. When developing my research question and my two subjects, I used the space of our day-to-day lives, experiences everyone has been through or things we have all seen, for example: colour, waking up, interacting with one another and our thoughts to create a narrative, being able to collect data and represent it in a visual way in order to enter someone else's mind.

Sigmund Freud, known as the father of psychoanalysis, created a field called Freudian psychology in which the main thematic suggests that "self-perception is an illusion of the ego, and cannot be trusted to decide what is in fact real." Such questions are also continuously asked from a philosophical point of view, such as "Do our perceptions allow us to

experience the world as it really is?" or "Can we ever know another point of view in the way we know our own?"

Studies have shown that perception can be categorized into two different parts, the first one being internal perception and the second one, external or sensory perception. Internal perception is all about what goes on inside of us and how we process things such as the sensation we get when we are sleepy or hungry. External perception is focused on the outside part of our bodies, our senses: touch, sound, smell, sight and taste. Using these we discover textures, sounds, fragrance, colours, etc. A common theory of perception is called naïve realism. This means that people believe that what they perceive is the thing itself. A lot of people go into their adulthood thinking that way and view that perception to be the world itself rather than a pattern of perception.

Colours of life

The idea of ways of seeing has always intrigued me but specifically, how we perceive colour in our day-to-day world. We have it engraved in our head that certain colours are certain names, but the case might be that someone could see a completely different colour from that you are seeing right now.

We all can agree that when we see a rubix cube, we see six different colours: white, blue, green, red, orange and yellow, but what we don't know is that colour is an illusion. On the outside world it doesn't exist beyond us, it is just something created in our heads. My aims and intentions are to explore how individuals perceive differently and if they do that, how can it be communicated between each other. Are the final results the same?

The basics of how colour is created inside our heads is that our brains convert a certain range of the electromagnetic spectrum into colour. The wavelength of radiation or ultraviolet light can be measured, but the experience of a colour inside your mind cannot be measured or observed, so how do you know what people mean by 'red'? We look at a strawberry,



and in my brain the perception of that strawberry occurs which I call 'red' but in your brain a different perception occurs, which you have of course, also learned to call red, so we both call it red. We communicate effectively and walk away, never knowing just how different each of our internal experiences really were. Of course, this isn't only with colour, we are talking about perception in itself. We perceive our day-to-day lives completely differently from one another, even if we did the exact same thing.

The frustration of not knowing what is going on inside someone's head, makes you want to know more about it, by starting conversation or even just questioning your own or other people's thoughts, but this would trigger that chain reaction. These days, people just agree to what can be seen with the naked eye, communicate effectively and just walk away. But what would happen if you started conversation, started questioning everything? This is a way to make people interact with each other. We can get so lost in our own mind, so at times it is good to step back and see things from a different perspective. Start curiosity through communications. I did this by using my audience to gather the data and they were the

ones to perceive the final results of my colours project. They were the main source of my entire project and without them there would be nothing to perceive.

Colours have a great importance for us humans, so it affects anyone and everyone who perceives colour and interacts with the outside world. We have a great attachment to colour as it closely links with our emotions and is a powerful medium to express feelings. Colour psychology is “the study of hues as a determinant of human behaviour. Colour influences perceptions that are not so obvious, such as taste of food.” Furthermore, colour can also enhance the effectiveness of placebos. Without us even acknowledging the importance of colour in our day-to-day lives, it still plays an important role in how we behave and how colour affects us psychologically on a much deeper level than just visual.

Factors such as age, gender and culture can influence how an individual perceives colour. During my project I decided to take this into account and used my audience to portray their emotions of their day-to-day lifestyle. I was working with an age range of 5 to 55 and used this target audience as a test to see if my project would be applicable later on for a wider audience.

Where do we go when we close our eyes?

Why is it that so many people have experienced the same dream but their personality is completely distant? The main question I kept asking myself was: Why do we have the same concept of a dream but perceive it in different ways, or is it the same dream but we communicate it in an ineffective way? Or do we communicate it through our perception of what we just imagined?

During the time of exploring the dream concept further, the entire world went through something nobody could ever imagine would happen, corona virus. We all went into lockdown, making us unable to interact with the world as we normally do. This started to change the way people think, but in my opinion specifically dreams. We started to dream

a different way, imagining things that we would normally take for granted in our day-to-day life such as going to the supermarket, or meeting friends. Our once-known reality turned into our dreams.

I wanted to record this process, so I started my own experiment in which I asked everyone who was in lockdown to keep record of any dreams they had or remembered. My aim was to collect this data, whether it was in writing or an audio piece and construct an image of the way I perceived this data. Contrasting to the first project where I used the data and visualized the perception of my audience, this time I used my audience for the data and created my own perception out of it.

I started gathering vast amounts of pages with stories about people's dreams and decided to illustrate them, turning them into something visual. Finally, I wanted not only to show my own perception but to start conversation and to see other people's perception of all the dreams I gathered throughout lockdown, but it was very hard communicating with people during this time. I soon realized that communication was more important than ever during a time of crisis like this, but I wanted to make it more personal.

This format took place as postcards, using the postcard image as my illustration and at the back, a space in which people could write down a description of the image seen. I wanted to create a cycle where we would keep using written data and then have it described through someone else's point of view. The chain would carry on, by sending out postcards to everyone who participated in my project but using different images to see: what final results could we come up with, what ways of perceiving an image could we create?

In conclusion, we all perceive the world differently, and this is because many factors come into place that influence us such as past experiences, emotions, senses, surroundings and the way people have been brought up. We as a collective need to perceive the world differently in order to coexist with one

another. A different perception is not bad or good, it is just the way you as an individual think, but what I learned is that we need to communicate this more effectively. Using things such as colour or imagery to express an emotion that can't be described with only words, trying visually, and seeing such amazing results of the diversity of our minds is something so beautiful.

When talking to everyone who has contributed to my projects, I realized that we need to think outside of the box, or our heads. We need to try and understand one another, to make things more clear, or see them from another point of view, however, that may be expressed. In my case it was through my two pathways, colours and dreams, which hopefully I will be able to investigate into further and dive deeper. As individuals we see the world completely differently, but as a society we join together and understand each other's perceptions on life.

<https://twitter.com/akiyoshikitaoka/status/1029214467354062849?lang=en>

https://www.youtube.com/watch?v=_G9eGzxQq2U



Ganga Darshan Lockdown

Swami Shashwatananda Saraswati

Before the lockdown started on 23 March 2020, our Ganga Darshan Vishwa Yoga Peeth was already closed for visitors as a precaution. Then Ganga Darshan offices closed and we were mainly working in the kitchen and in the garden. Instead of flowers we were growing vegetables for our own requirements. During lockdown many phone calls from every part of the world were coming to the ashram regarding Covid-19 and health issues.

One incident happened in USA. One of our devotee's son was Covid-19 positive. His situation was getting worse. One night the doctor told him that the next morning he would have to go on the ventilator. He was a practitioner of yoga and maintained regular pranayama, kunjla and neti practice. Within a few days he recovered from Covid-19. The news of kunjla and neti kriya spread throughout America and the whole world like fire in a jungle. The news also came to Munger. Many newspaper reporters contacted the ashram asking mainly about neti practices. We told them that these practices need to be learnt properly by a competent yoga teacher.

At Ganga Darshan, a few groups were working with the inspiration and under the guidance of Swamiji on a daily yoga capsule routine for the Covid-19 time. On 17 April, we launched 'Yoga Lifestyle Capsule' on our website satyamyogaprasad.net. It is a full program for people: What yoga should we do? What should our daily lifestyle be? What should we eat? Everything was there. This web link was circulated to government offices, wellness centres, hospitals and, of course, Covid-19 quarantine centres. One officer from a quarantine centre in Bihar told us that after following the yoga lifestyle capsule program many people recovered quickly and post Covid-19 issues like emotional imbalance was not there.

During the pandemic period, the ashram provided the local administration, police personnel and our frontline heroes with items like bedding (bed sheets, mattress, pillows), masks, gloves, face shields, disinfectants and PPE kits to help develop quarantine centres.

Since 2019, Swamiji is doing a special anushtana every month on Sankranti. This continued in 2020, but due to Covid-19 since April, we are not able to distribute daan on a large scale. During the short period of un-lockdown, we again gave daan following physical distancing and other precautions. Daan is given to needy people like fishermen, blacksmiths, thela pullers, rickshaw pullers, coolies, boatmen, sweepers, anganwaris, ladies who work in childcare centres, cooks in primary and middle school, guards, toto drivers, divyang or people with special needs, widows, poor senior citizens and the volunteers who come to the ashram to do seva from time to time.

Anna daan includes edible items like rice, flour, few types of pulses, salt and oil. Vastra daan includes clothing for all family members, like slippers, umbrella, rain coat, bed sheets. Grih or patra daan includes utensils like plates, glasses, pressure cooker, thermos and other useful household utensils. Daan depends upon season and the need of the people. In the summer people get earthen matka, sattu, umbrellas. In winter blankets, warm clothes, thermos. In the monsoon season we give plants like mango, guava, bel and other fruit plants. We added hand soap, masks, towels during the Covid-19 pandemic.



On 2 May, we launched the FFH app for frontline heroes. During lockdown the frontline heroes like doctors, police personnel and sweepers were working very hard day and night without rest. Their body and mind were affected. In the FFH app there are some asana, pranayama and relaxation practices. They are easy to do and take little time. This app is helping them a lot. One doctor from Delhi used this app and was so amazed and inspired that he wants to do the Yogic Studies course to know more about yoga and be able to help his patients.



On the International Day of Yoga Day, on 21 June, we made a special program. Swamiji gave his Guru Poornima message through social media and also announced the digital prasad available on satyamyogaprasad.net. People around the world were so happy and blessed after listening and seeing Swamiji live that they felt they were in the ashram with him. As Covid-19 is affecting mostly the lungs, we made a program 'Breathe for Healthy Lungs', launched on 21 July.

One week before this program was launched, suddenly the number of cases increased in Munger, after there had been no Covid-19 cases for a long time. The Munger postal department was also affected. One of the postmen with Covid-19 was helped by his wife, a yoga teacher, who taught him kunjla and neti practices and other asana and pranayama practices. Then he also followed the 'Breathe for Healthy Lungs' program. After five days he called saying that with Swamiji's blessings he was doing the practices daily and recovered quickly. He was telling everyone about the program.

In his new chapter, Swamiji gives the message to yoga aspirants that now the time has come to use yoga not only as a preventive health measure but to imbibe yoga vidya as a sadhana and yogic lifestyle. This will lead to a healthy world, a world with positive samskaras and a world near to Mother Nature in the spirit of yoga ecology.

Parivartan – Time to Change

Swami Prembhava Saraswati



LIVE YOGA

Life is what you live through the mind. Lifestyle is the expression of the quality of your mind.

—Swami Niranjanananda Saraswati

Here are some moments of yoga which you can incorporate into your daily life. Keep in mind that regularity over a long time is the key to change within and around you.

1. Wake early and try to see the rising sun. Make it a habit to connect to the natural rhythm of the sunrise and let it become part of your daily routine.
2. In the morning, chant the *Sama Veda* Shanti Mantra, visualizing peace within and around you. You may do it alone or with other members of the family.

*Om dyauh shaantirantarikshagvam shaantih prithvee
shaantiraapah shaantiroshadhayah shaantih vanaspatayah shaan-
tiroishvedevaah shaantirbrahma shaantih sarvagvam shaantih
shaantireva shaantih saa maa shaantiredhi.*

Shaantih shaantih sushaantirbhavatu sakalaarishtasushaantirbhavatu sarve grahaah sushaantirbhavatu.

Om shaantih shaantih shaantih.

May there be peace in the heavens (celestial plane), peace in the sky (astral plane), peace on earth (physical plane), peace on water, peace among herbs, plants and trees, peace among the ten cardinal points of the planet, peace upon Brahma, peace everywhere, peace upon me, peace and peace alone. May there be peace and auspiciousness, may all the misfortunes and tribulations be pacified, may all the planets be pacified.

3. Practise asana for 15 minutes to keep your body and mind healthy, so you can offer your life in service of others, the planet and our future.

You may simply do a few rounds of surya namaskara; or practise a yoga capsule of tadasana, tiryak tadasana and kati chakrasana, surya namaskara, vipareeta karani asana and eka pada pranamasana; or you may practise every day pawanmuktasana part 1 or 2. It is not the amount of practices that will benefit you, but your regularity and awareness.

4. Become aware of your natural breath as often as possible during the day, and take five deep breaths or more.

Use the connection to your breath to improve the quality of your respiration and to disconnect from the hustle and bustle of the world around you.

5. 'Do I really need or want this' – keep this awareness constantly alive throughout the day for all areas of your life: material, social, mental and emotional.

(Do I really need 30 pairs of shoes? Do I really want 30 pairs of shoes? Do I really need to check my Facebook and Twitter account every five minutes? Do I really want to check my Facebook and Twitter account every five minutes? Do I really need these negative thoughts? Do I really want these negative thoughts? Do I really need this jealousy, sadness, or anger? Do I really want this jealousy, sadness, or anger?)

There may not be time left; it may be too late for us to save our natural resources, but we can do our little bit. Be brave enough to live differently, and walk alone if you have to. Encourage others to live a life in the spirit of yoga ecology with respect for all of creation. Do it now! Live yoga with pride.

When you start incorporating yogic principles in your life, then yoga becomes part of your lifestyle. It is reflected in your behaviour and interactions. This disciplined, positive and awakened individual helps himself as well as others: family, society, nation and world.

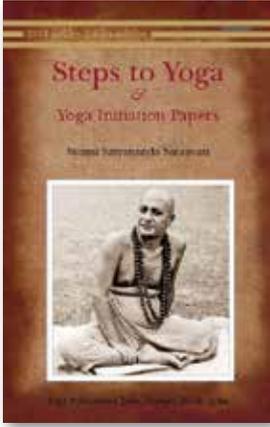
—Swami Niranjanananda Saraswati



— Published in Parivartan – Time to Change

I Regulate Life Itself

Swami Satyananda Saraswati



Letters to Swami Satyabratnanda

29 September 1956, Katrasgarh

I love this life. I care to make this existence better. I wish to make this body hale and hearty, this mind quiet and peaceful. I love men more than they love stone gods. The more I mix with people, the more I have begun to love them. Love is a greater force than the law of religion. If water cannot cool your body, or food appease your hunger, love can do that.

28 December 1956, Fort Munger

Even those who hated spiritual life, but suffered physically, come to me and still come to get themselves yogically trained. You know what I do with them? I regulate their life itself. You see, I am bent upon reaching a 'way of life' – dharma I mean.

2 July 1957, Raipur

Practise asanas, and side by side you can practise pranayama. You will have good appetite, cheerfulness, strength, courage, vigour, vitality and good concentration of mind.

Letters to Swami Dharmashakti

The great storehouse of knowledge and energy resides within you. Nature wants to express that knowledge in various forms.

If you want to hear the voice of inner knowledge, then you have to shut the doors of the external senses and turn within.



9 March 1957, Shiva Bhavan, Bhagalpur

Reduce thinking, increase remembrance and stop worrying.

14 March 1957, Munger

I want to base the method of sadhana on pure spirituality and will endeavour to keep it absolutely free from politics, money and society.

9 December 1958, Burhanpur

Life, yes, worldly life is a cage of hope and despair, and spiritual life is a joyful playground. We get hurt, we win, we lose and we still laugh gleefully.

7 January 1959, Raipur (Rewa)

This is a real prayer. For a sadhaka every day is a new year, new lessons of life, a festival of new steps and new resolutions.

9 January 1960, Bombay

Yoga is another name for a well-regulated life and experience of God, self-knowledge.

– *Published in Steps to Yoga & Yoga Initiation Papers*



Yoga Publications Trust

Marma Yoga: Yoga of Pranamaya Kosha

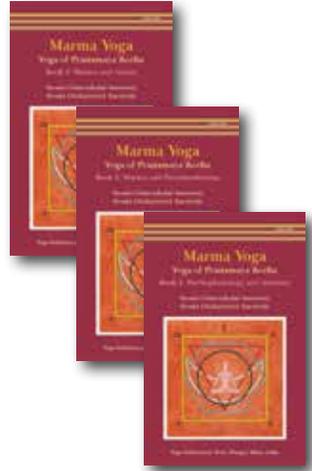
Book 1: Psychophysiology and Anatomy: 312 pp, ISBN: 978-81-943598-5-2

Book 2: Marma and Pawanmuktasana: 356 pp, ISBN: 978-81-943598-6-9

Book 3: Marma and Asanas: 262 pp, ISBN: 978-81-943598-7-6

Marma yoga is based on the wisdom of the subtle psychophysiology of yoga and ayurveda. It reveals to us our own nature, the nature of Mother Prakriti, Mother Earth, and helps us understand how and why our own nature is functioning and constantly changing.

Book 1 introduces the topic of marma yoga in detail, explaining the correlation between koshas, tattwas, gunas, nadis, chakras and marma points. *Book 2* uses the practices of pawanmuktasana parts 1, 2 and 3 to highlight their deep influence on the aspirant's general wellbeing. In *Book 3* a series of well-known asanas reveal their inherent relation to marma yoga.



New Releases

Yoga Publications Trust, Garuda Vishnu, PO Ganga Darshan, Fort, Munger, Bihar 811 201, India, Tel: +91-06344-222430, 9162783904



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 a listing of titles published by Yoga Publications Trust.

Satyam Yoga Prasad

Available at www.satyamyogaprasad.net and as apps for Android and iOS devices presenting the collected publications of Swami Satyananda and Swami Niranjanananda online.

Living Yoga Lifestyle Sadhana

This program is released aiming to improve and enhance health and total wellbeing. Available from biharyoga.net and Satyam Yoga Prasad.

Bihar Yoga Wiki

www.yogawiki.org. An online encyclopaedia of the Bihar Yoga system.

YOGA & YOGAVIDYA Online

<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 YPT available as an easily browsable mobile app.
- The *Bihar Yoga* app brings to the user ancient and revived yogic knowledge in a modern medium.
- *For Frontline Heroes*, designed for people who are active in the fight against Coronavirus, presenting simple yoga practices to help alleviate tension and stress caused by the pandemic.

- Registered with the Department of Post, India
Under No. MGR-02/2017
Office of posting: Ganga Darshan TSO
Date of posting: 1st-7th of every month
- Registered with the Registrar of Newspapers, India
Under No. BIHENG/2002/6305

issn 0972-5717

bar code

Important Notice for all Subscribers

Blessed Self
Hari Om

We are happy to bring the joyous news that from January 2021, the monthly YOGA English and YOGAVIDYA Hindi magazines are available FREE of COST to all subscribers, supporters, yoga aspirants, devotees and spiritual seekers at –
www.satyamyogaprasad.net
www.biharyoga.net

Due to the ongoing coronavirus pandemic and uncertainties associated with it, the printed copies of YOGA and YOGAVIDYA magazines will not be available in 2021 for circulation to subscribers. Therefore, NO new or renewal of previous subscription is being accepted for these magazines for 2021, so please do NOT send any membership for the magazines.

You will be notified from time to time regarding the magazines and any new developments.

In the meantime, continue to enjoy the message of yoga and to live the teachings of Sri Swami Sivananda Saraswati and Sri Swami Satyananda Saraswati to improve and better the quality of your life.

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

Om Tat Sat
The Editor