

# YOGA

Year 10 Issue 3

March 2021

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Bihar School of Yoga, Munger, Bihar, India



## Hari Om

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

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Fort, Munger, 811201  
Bihar, India

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

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Front cover: New Year's Eve 2020

Plates: Bihar School of Yoga Activities 2020



## GUIDELINES FOR SPIRITUAL LIFE

### Japa

Mantra japa is the practice of repeating the mantra or Name of the divine verbally or mentally. O man! Take refuge in the Name. Sing the Lord's Name incessantly. Remember the Name of the Lord with every incoming and outgoing breath. In this iron age namasmarana or japa is the easiest, quickest, safest and surest way to reach God and to attain immortality and perennial joy. Sing *Hari Om, Sri Ram, Radheyshyam, Hare Rama Hare Rama Rama Rama Hare Hare, Hare Krishna Hare Krishna Krishna Krishna Hare Hare*.

—Swami Sivananda Saraswati

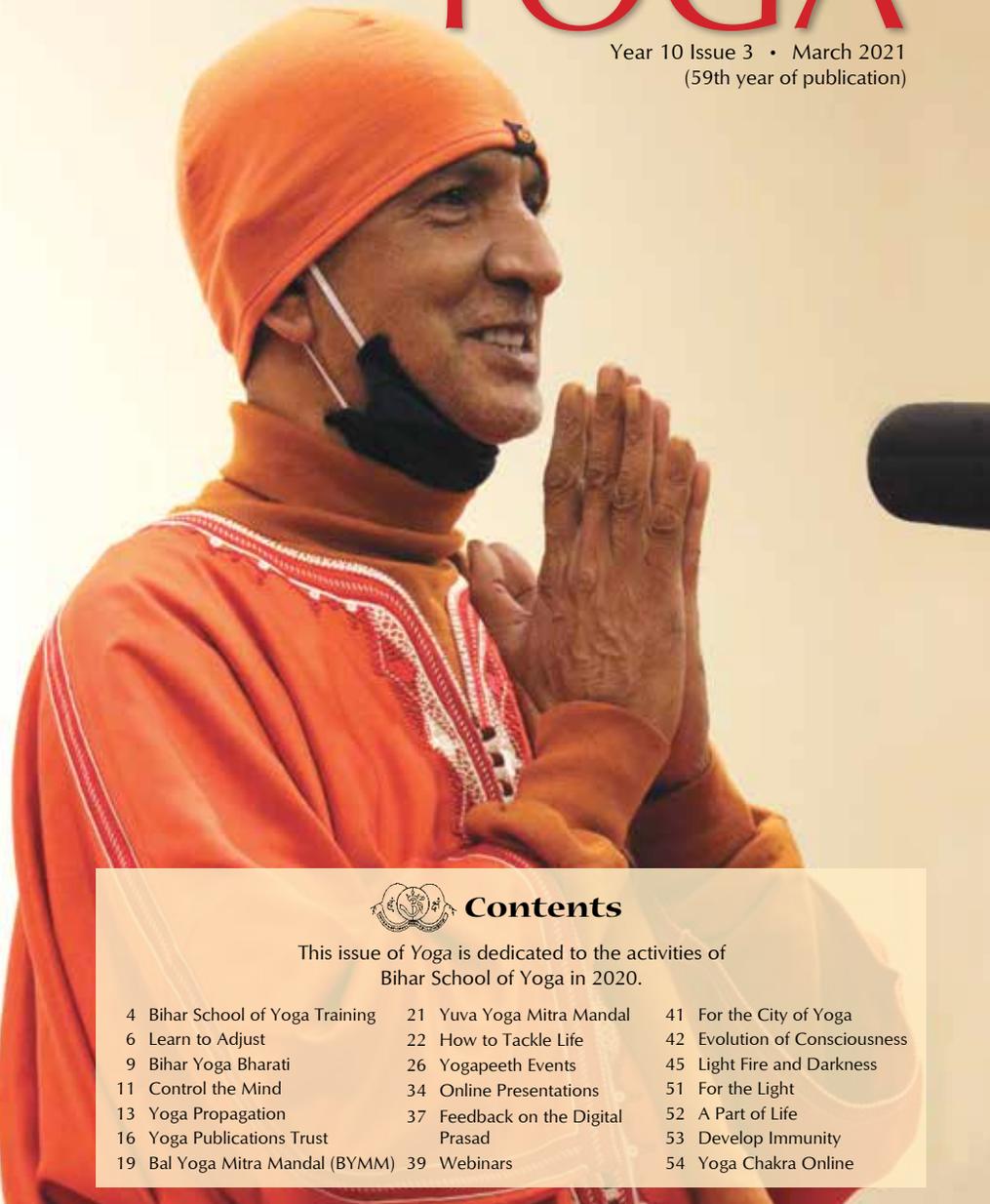
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# YOGA

Year 10 Issue 3 • March 2021  
(59th year of publication)



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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 ॥

# BIHAR SCHOOL OF YOGA TRAINING



## **Yoga Capsule – Respiratory**

From 9th to 13th February, a yoga capsule for respiratory ailments was held at Ganga Darshan. Participants came from Bihar, Chandigarh, Delhi and Madhya Pradesh. Swami Nirmalananda conducted the sessions assisted by Dev Vishwanath.



## **Yoga Capsule – Arthritis & Rheumatism**

From 9th to 13th February, a yoga capsule for arthritis and rheumatism was held at Ganga Darshan. Participants came from Bihar, Karnataka and West Bengal. Swami Kaivalyananda and Sannyasi Atmarpan conducted the sessions



## **Yoga Capsule – Digestive**

From 23rd to 27th February, a yoga capsule for digestive disorders was held at Ganga Darshan. Participants came from Andhra Pradesh, Bihar, Delhi, Haryana, Jharkhand, Madhya Pradesh and Uttar Pradesh. Sannyasi Vasundhara and Dev Vishwanath conducted the sessions.

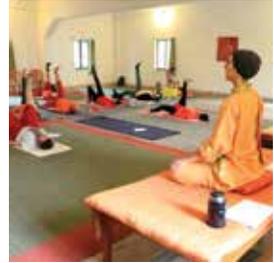
## **Total Health Capsule**

From 23rd to 29th February, a yoga capsule for total health was held at Ganga Darshan. Participants came from Bihar, Delhi, Haryana, Karnataka, Maharashtra and Uttar Pradesh. Swami Nirmalananda and Sannyasi Atmarpan conducted the sessions.



### **Group from Germany**

From 24th to 27th February, a group of 20 yoga practitioners and teachers led by Swami Marutdeva attended yoga training at Ganga Darshan. Teachers were Sannyasi Manas Shakti and Swami Yogatirtha.



### **Group from France**

On 25th February, Swami Yogabhakti brought a group of students from France. They participated in ashram life and attended yoga sessions conducted by Sannyasi Manas Shakti and Swami Yogatirtha.



### **Bihar Education Department**

From 27th February to 1st March, sixty officers from the Bihar Education Department underwent yoga training at Ganga Darshan. Swami Tyagraj conducted all the sessions.

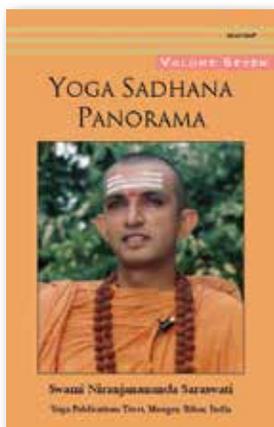


### **Arunachal Pradesh Education Department**

From 2nd to 7th March, physical education teachers from the Department of Education, Arunachal Pradesh, attended yoga training at Ganga Darshan. Teacher of all sessions was Swami Tyagraj.

# Learn to Adjust

*Swami Niranjanananda Saraswati*



We all have our own understanding, our own ideas, our own theories as to what yoga is and what role it plays in our life; however, I prefer that we do not understand yoga in its traditional way, rather let us look at the various components of our life and how yoga can help us harmonize and balance those components which create some kind of restriction in the expression of human creativity. It is easy to say that yoga is only asana, pranayama, meditation, relaxation, and so on. Initially, people are very much attracted to yoga without knowing what it aspires for, so it becomes difficult to maintain continuity. That is why we find that after an initial experience of yoga, because of the lack of our own understanding, we are not able to follow it through.

In order to appreciate the spectrum of yoga, its beauty and the purpose of yoga, it is necessary that we become aware of all the different components that govern and influence our life. In this context, let us start by looking at the social and the family environment and how it affects the human personality and the human nature. Whatever form of lifestyle we may lead, whether it be that of an affluent person or a beggar, in both lifestyles and in all other lifestyles we find that we are subject to stress and tension. Now this stress and tension is one experience of an imbalance in handling that situation properly, thus increasing the level of stress and tension. This is one point.

Second point, lifestyle and habits. Despite our understanding of human life, we are unable to change our habits and these

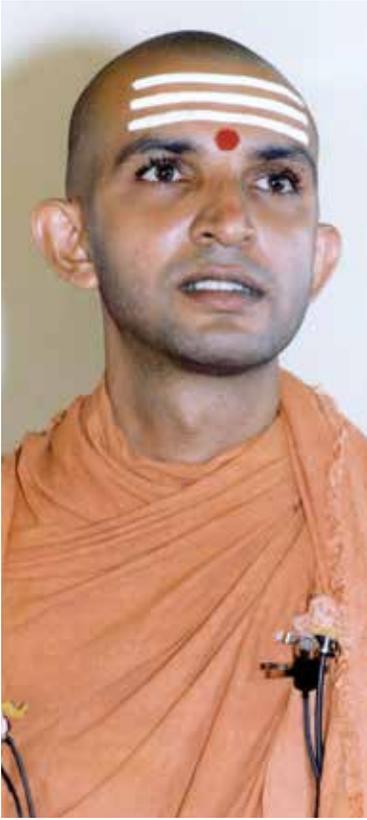
habits reflect in our diet, in our daily routine and in our acceptance of different life situations, whether they be external or internal in the form of mental and emotional experiences. When we are unable to compromise, when we are unable to come to terms with the lifestyle and the habits, then diseases are created and this is the modern concept of disease also.

Why do we suffer from different physical, mental and emotional problems? The basis of physical problems in the form of gastric problems, diabetes, asthma, back pain, headache and so forth; of mental problems such as anxiety, irritability, anger, frustration and depression; and of emotional problems; is non-adjustment in life and not finding life to be fulfilling and enriching. The different problems, diseases and illnesses which we suffer from have no treatment.

Modern medicine can provide symptomatic relief, but it is not able to go to the root cause of the problem or the disease. Some people may say that external stress or the factors which create stress are the cause of diseases and illnesses. They may be, yet apart from the stress factor there is also the habit the routine factor. The habit and routine factors are linked with the receptors of stress in our life. They are linked with tension in our life. The combination of so many things creates illness, disease, anxiety, frustration, dissatisfaction.

The aim of modern therapies is to provide some form of relief so that we can change our habits, change our lifestyle, become more aware of ourselves. For example, if I am having a problem with diabetes then the modern therapist will tell me that I have to restrict many of my habits too, not only the stress factor, but also the habits have to be restricted, especially diet. I am only giving this as an example of different life conditions that we face.

Before we begin the subject of yoga, another important aspect in the optimization of human personality is development of awareness. Awareness is a major factor which controls life and the activities of life, and this awareness is not only an intellectual concept, rather it becomes a lifestyle, a way of living.



Let me clarify this by saying that in the life of every individual there are four stages of understanding and experience. These are known as personal strengths, personal weaknesses, personal ambitions and personal needs. Now all of us have within us some strength which can manifest in life, in the form of willpower, clear mind, or what we may call the activities of a genius. These strengths are the main motivating factors which can help us progress and evolve in life, but they are overshadowed by our weaknesses: lack of willpower, lack of clear thinking, and so on. These weaknesses dominate our personality. If we objectively look at our own

life, we will feel that our strengths are not that many and weaknesses are many.

In a similar way, if we look at the ambition and need aspects of our life, we sometimes feel that our ambitions have become our need and we are not able to differentiate between what our desires are and what our actual needs are. The imbalance in understanding the qualities of strength and the limitations of our weaknesses, and being able to differentiate between ambition and need, leads to acute and chronic frustration in life. These are the four major areas which cover the entire human spectrum, and our habits, routine, awareness, stress and tension.

– 27 March 1995, Bengal Club, Kolkata, published in  
Yoga Sadhana Panorama, Volume Seven

## 2020 ACTIVITIES REPORT COURTESY OF BIHAR YOGA BHARATI

### **Yogic Studies, 3 months (English)**

The 3-month Yogic Studies (English) was conducted from 1st November 2019 to 25th January 2020. The overseas students came from France, Germany, Israel, Kazakhstan, Lithuania, New Zealand, Romania, Russia, South Korea and Turkey, and the Indian students from the states of Andhra Pradesh, Bihar, Gujarat, Haryana, Jharkhand, Karnataka, Kerala, Madhya Pradesh, Maharashtra, New Delhi, Rajasthan, Uttar Pradesh and West Bengal. Teachers were Swamis Amritbindu, Krishnapriya, Maitreyi, Shivadhyanam and Yogatirtha, and Sannyasi Vijayashakti.



On the occasion of the Certificate distribution on 25th January, the students expressed their gratitude for all the opportunities given to them. The vast variety of activities and their full integration into the ashram life made their experience rich and showed them how to live a yogic lifestyle wherever they are. Swamiji congratulated them for their wholehearted participation, openness and happiness throughout the three months.





## **Yogic Studies, 2 months (Hindi)**

During the months of February and March, the Yogic Studies course (Hindi) was conducted at Ganga Darshan. The participants came from Bihar, Delhi, Haryana, Jharkhand, Maharashtra, Odisha, Punjab, Rajasthan, Telangana, Uttarakhand and Uttar Pradesh, with one overseas participant from Canada.

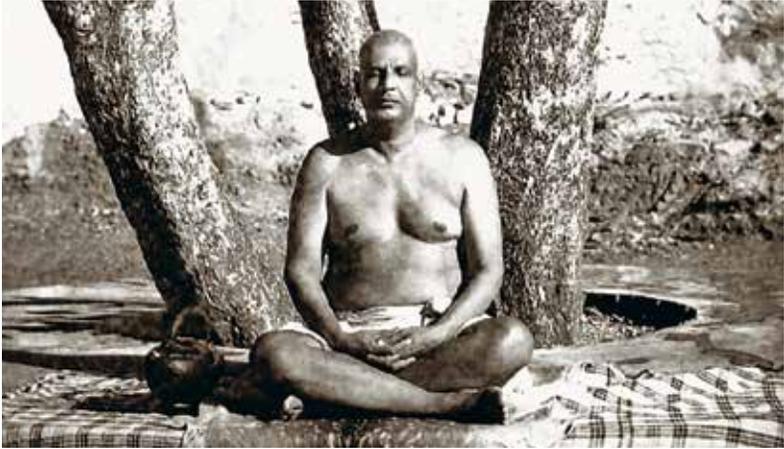
Teachers were Swamis Mantra-pushpam, Shashwatananda and Shraddhamati, and Sannyasi Atmarpan.

The student participation in the course and ashram life was exemplary. On the occasion of the Certificate distribution, they delighted ashram residents and guests with a beautiful program of song, dance and drama expressing their appreciation of the teaching received and their resolve to apply the lessons in their daily life.



# Control the Mind

*Swami Sivananda Saraswati*



To achieve control of the mind, two things are essential – control of prana, and dissociation with the longing for objects and attachment to them. Pranayama or control of breath checks the velocity of the mind and reduces the quantity of thinking. It removes the rajasic and tamasic dross of the mind.

Dispassion thins out the mind. It is a drastic purgative for the mind. Those who practise intense dispassion are the real controllers of their minds. Have no longing for objects. Avoid them. Slowly and cautiously destroy all the pleasure-centres of the mind, such as partaking of dainty dishes frequently, gossiping, sightseeing, worldly music, etc. Keep up the three sattvic pleasures: study of spiritual books, meditation, and service of humanity.

Whatever object the mind likes most and dwells upon constantly should be given up. If you like tea or apples very much, give them up first. You will gain a great deal of peace, willpower and control of mind. After some months, the craving will be attenuated and slowly vanish.

When the mind is transformed, the objects that gave pleasure before will now give pain. If the objects that enchanted you previously now produce disgust, then you know that the mind is being destroyed. Things that used to upset you easily will not affect you now. Occasions that made you irritable will not do so now. You have now gained strength, power of endurance, power of resistance and the ability to deal with troubles. Unkind words that used to torment you will no longer upset you. Even if you become irritable, you will be able to compose yourself quickly. These are all signs of your gaining mental strength and willpower. Meditation brings about all these beneficial results.

### **Maintain a positive attitude**

Try to acquire the power of closing yourself to all detrimental or undesirable influences by making yourself positive. By doing so, you will be receptive to all the higher impulses of the soul within and to all the higher forces and influences from without. Give a suggestion to yourself, 'I make myself positive to all things below and receptive to all higher influences'. By adopting this kind of attitude consciously now and then, it soon becomes a habit.

In the mind there exist both doubt and reality. When a doubt arises as to whether there is a God or not, whether one will succeed in self-realization or not, it should be dispelled by affirmations such as, 'It is true that I will succeed. There is no doubt about this'. Autosuggestion consists of powerful assertions. The formula, 'I am becoming better and better every day, in every way', will confer upon you health and success. Repeat it mentally throughout the day. Dwell on it constantly. You will become as you think. The mind has the capacity of making hell out of heaven and heaven out of hell. It is the cause of both heaven and hell, of liberation and bondage. May God grant you the strength to conquer your mind and enjoy eternal peace and bliss!

# YOGA PROPAGATION NATIONAL



## **Chennai**

In January, Sannyasi Shivarishi and a group of Satyananda Yoga Centre Chennai sevaks conducted a yoga session for about 225 children in the age group of 8 to 14. On the request of Sri Ramakrishna Math, Mylapore Chennai, the program was offered to the Math and greatly appreciated by all.

## **Chhattisgarh**

From 5th to 9th March, a five-day shivir was enthusiastically organized by devotees at Satyadarshan Yogashram, Raipur, and attended by over 150 yoga enthusiasts. Morning and evening sessions were conducted by Swami Gorakhnath, in addition to Guru Bhakti sadhana on 5th and 6th March, and Mahamrityunjaya mantra havan on 7th.

## **Madhya Pradesh**

From 8th to 16th January, a nine-day yoga sadhana shivir was conducted at Mittal Enclave, Katni, in which 50 people participated. Swami Harishraddhananda of Shivananda Darshan Yoga Ashram, Satna, conducted all the sessions.





## Odisha

From 7th to 13th March, a Bal Yoga shivir was conducted by Swati Jain in Kesinga. Asana, pranayama, yoga nidra, yoga games and dance were some of the many activities included in this shivir.

## INTERNATIONAL



### Colombia – Janani Tour 2020

From 29th to 30th February, an introductory seminar was conducted on yoga ecology and lifestyle in Cali, Colombia. About 40 people attended the seminar. and the participants were introduced to simple practices of mantra, kirtan, havan and ashwattha aradhana and yogic lifestyle changes such as diet, routine and awareness of *Janani*, our Mother Earth.



From 6th to 8th March, a yoga ecology seminar on *Janani, Water – the Sustainer of Life* was conducted in Villa De Leyva, a small town two hours from the city of Bogota. 50 people attended this seminar. Through mantra, meditation, yoga nidra, asana, apas aradhana and yogic lifestyle participants explored the importance of water in and for life. They learnt yogic and vedic practices and lifestyle changes to encourage them to connect to, appreciate and protect this life-giving molecule – water. Joyous and powerful kirtans started every session. Swami Prembhava and Sannyasi Amargeet conducted all the sessions.



On 6th and 10th March, havan was conducted and mantra and kirtans were chanted at the Satyananda Yoga Academy in Bogota. 60 to 70 people attended these sessions.



Swami Prembhava and Sannyasi Amargeet conducted all the sessions of yoga ecology.



## 2020 ACTIVITIES REPORT COURTESY OF YOGA PUBLICATIONS TRUST

### Books

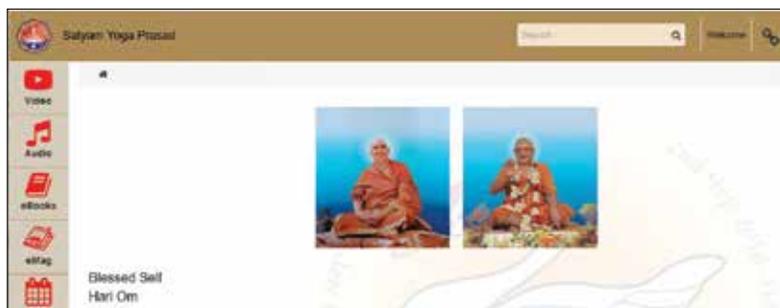
By the end of 2019, one hundred and ninety-six books and 66 booklets were in print in English, eighty-four books and 22 booklets in Hindi and four books in Hindi-English. In 2020, eleven new books and fifteen new booklets were added in English. In Hindi, one book was added as a new title, and one book was reprinted. One booklet in Hindi-English was also added.

### Satyam Yoga Prasad

By the end of 2020, over 400 ebooks had been launched on the Satyam Yoga Prasad website in multiple languages, including English, Hindi, Bulgarian, Chinese, French, German, Greek, Hungarian, Italian, Japanese, Korean, Marathi, Portuguese, Serbian, Spanish and Telugu. Various audio and video materials are also now available. 23 ashram chanting CDs, an audio book of the *Water the Roots* series, and 18 multilanguage *Yoga Nidra* recordings have been included in the audio collection.

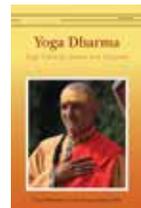
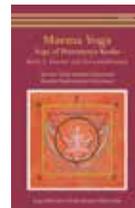
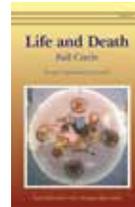
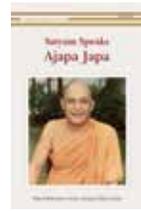
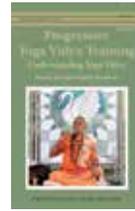
Video presentations include *Yoga Lifestyle Sadhana*, *International Day of Yoga* program, *Mahamrityunjaya Mantra Havan* and excerpts of *Fit India Dialogue*.

In addition, digital prasad packages, which have included video, audio, sadhana and newly released publications, have been made available on the occasions of Guru Poornima, Sri Lakshmi-Narayana Mahayajna, and Diwali.



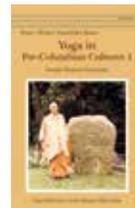
## New English books printed in 2020

- *Progressive Yoga Vidya Training, Series 5: Understanding Yoga Vidya,* Swami Niranjanananda Saraswati
- *Satyam Speaks Series: Ajapa Japa*
- *Satyam Speaks Series: Neti*
- *Satyam Speaks Series: Pawanmuktasana*
- *Satyam Speaks Series: Trataka*
- *Life and Death,* Swami Yogakanti Saraswati
- *Marma Yoga, Book 1: Psychophysiology and Anatomy,* Swamis Vishwashakti & Omkarmurti Saraswati
- *Marma Yoga, Book 2: Marma and Pawanmuktasana,* Swamis Vishwashakti & Omkarmurti Saraswati
- *Marma Yoga, Book 3: Marma and Asanas,* Swamis Vishwashakti & Omkarmurti Saraswati
- *Yoga Dharma: Yoga Lifestyle Yamas and Niyamas*



## Yoga – World Traditions Series:

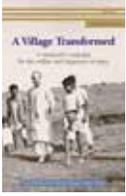
- *Yoga in Pre-Columbian Cultures 1,* Swami Maitreyi Saraswati



## New English booklets printed in 2020

- *Parivartan, Time to Change,* Swami Prembhava Saraswati
- *A 2020 Vision & Guru Bhakti Yoga,* Swami Niranjanananda Saraswati
- *Premamaya Kosha,* Swami Niranjanananda Saraswati





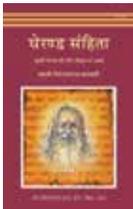
### Satyam Tales:

- *A Village Transformed, A sannyasin's sankalpa for the welfare and happiness of many*
- *Descent of the Divine, A disciple's loving offering to his guru*
- *Homage to a Rishi, A little disciple's poetic tribute to her guru*
- *A Star in Heaven, A balyogi's first floral tribute to his guru*
- *Yoga Nidra, Gold for this age*
- *I am a Sannyasin, A life of service and dedication*
- *Save Ganga, A wakup call for all*
- *Adjust Adapt Accomodate, Sutras from Shiva's household for the world*
- *Life is Worship, Laugh, love, live*
- *Satyam and Hanuman, Siddhis with a difference*
- *The Car of Life, On the yogic route*
- *Yoga Unites, From shore to shore*
- *Open Up, and unlock yourself with yoga*



### New Hindi books printed in 2020

- *Ramacharitamansa, Balkand 2, Avalokiteshwara*



### Hindi books reprinted in 2020

- *Gherand Samhita, Swami Niranjanananda Saraswati*

## 2020 ACTIVITIES REPORT COURTESY OF BAL YOGA MITRA MANDAL (BYMM)

### **Bal Yoga Diwas**

On 14th February, Bal Yoga Mitra Mandal celebrated their annual *Bal Yoga Diwas*, Children's Yoga Day. It was a special occasion as the children looked back on twenty-five years of existence. Through a time-machine, they brought alive highlights of each decade through narration, poetry, song and dance and performances of yoga and karate. Awards were presented to children for excelling in various areas.



The culmination was the expression of their commitment to a yogic lifestyle and the natural environment.

In the presence of ashram residents, students, guests and their family members, they paid a worthy tribute to the movement. Swamiji thanked the children and gave his good wishes for the future, hoping they would help realize his vision of a society saturated with positive samskaras.



The children of BYMM were not idle during the lockdown period in Munger. They organized various activities following the Covid-19 protocol:



- From April to June, they organized regular yoga classes on the roof tops of their homes. These classes were also a training for other children of how to conduct yoga sessions for family and friends adapting to the Covid-19 protocol.
- On 21st June, the International Day of Yoga, the children followed the yoga sadhana of BSY with their families in their homes.
- Small groups of children met for sessions of colouring in the *Yantra Colouring Book*.
- Some children were involved in drawing pictures as illustrations for a children's book published by Yoga Publications Trust.
- At Guru Poornima and during Lakshmi-Narayana Mahayajna, 4 to 5 children were invited to help with the havan preparation and join in the kirtan.

## 2020 ACTIVITIES REPORT COURTESY OF YUVA YOGA MITRA MANDAL



From 26th November to 30th December, a training program for yoga trainers was organized at the premises of the 9th Battalion of Bihar Military Police, Jamalpur. 48 policemen and policewomen participated in the training which was conducted by Chandra mani Sharma and Arvind Kumar of Yuva Yoga Mitra Mandal.

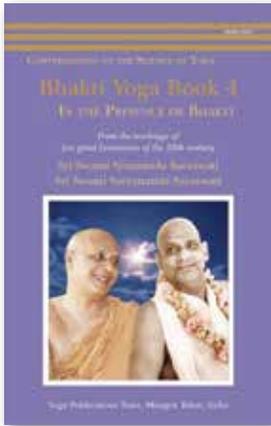
### **Satyam Poornima**

From 25th to 29th December, around thirty members of the Yuva Yoga Mitra Mandal organized, decorated and assisted in all activities during Satyam Poornima following the Covid-19 protocol. Their readiness and sincerity in carrying out all tasks with ease and full attention to detail was appreciated by the participants of the program.



# How to Tackle Life

Swami Satyananda Saraswati



## What is the secret to inner peace?

*Swami Satyananda:* Inner peace is a balanced vision of life. It is not subject to achievements and losses. Inner peace is an understanding of everything in life. External life is full of ups and downs, and for a weak person it sometimes becomes tiring and exhausting. For a strong person, every ascent is a joy and every descent is a game.

This life must therefore be lived. Inner peace comes when one accepts whatever happens, and everything in life becomes impersonal. That is the secret. Peace of mind is not the ultimate state. The ultimate is to realize one's real being, the supreme consciousness. Inner peace or happiness is only a means to an end.

## How can one achieve balance between negativity and positivity in life?

*Swami Satyananda:* Negativity is asura and positivity is deva. These are the two tendencies in every personality. There is a constant, unending conflict between these two forces. If this conflict ceases there will be no progress or evolution. Many times people ask, "Why did God create evil?" That is a simple question from simple, religious people. "Why did He create evil? He should have created only good, because He could do it. Why if He is almighty does He not destroy evil?"

Evil has a place in the scheme of evolution and creation. Negativity in one's personality has a purpose in the scheme of physical, mental, moral, social and spiritual evolution. If one is always positive, which of course is impossible, from

the beginning of childhood one will go no further than being an idiot.

Negativity is charged with hyperactivity. Negativity is rajoguna and positivity without negativity is tamoguna. When positive nature and negative nature clash with each other and finally negativity is set aside and positivity wins, that is sattoguna. In Samkhya philosophy, tamoguna and sattoguna look alike and are pictured as almost the same. Positive and negative samskaras in one's personality should be given a proper chance to balance each other.

From tamoguna one moves to rajoguna and from rajo to sattoguna. There is no direct transition from tamoguna to sattoguna. Tamoguna has to be balanced and then rajoguna will manifest. Rajoguna has to be conquered by sattoguna. Realizing that one has many negative qualities, instincts and traits one should not feel sorry about them. They have their place and an important role to play. They are an asset in the scheme of one's spiritual evolution. However, one must maintain the conflict and keep the struggle constantly alive.

One should never think: God should destroy evil, or the guru or a greater spiritual, political or any other power should descend and destroy evil. Evil cannot be destroyed; it is a landmark, a milestone on the path of evolution. It will always be there. The so-called diabolical and evil tendencies go hand in hand with one's evolution for a very long time, up to the stage of jivamukti when one is totally liberated.

The *Bhagavad Gita* was narrated to a person who was totally blind, Dhritarashtra. Secondly, it was taught to a person who was also blind, Arjuna. He did not have knowledge. All eighteen chapters are entitled 'yoga'. The first chapter is called 'Arjuna Vishadyoga'. *Vishad* means despondency, depression, dejection. Could depression be yoga? Yoga means a method of evolution of the self. Is dejection and depression a way to spiritual evolution?

The *Bhagavad Gita* says yes. When one is terribly angry, one loses one's temper and says so many things. However,



later what does one do? One is trying to balance. That balance is called *samyam*, control. Anger and passion do form a part of spiritual life. When one is accepting negativity one is walking on the razor's edge. One has to be careful. One may fall this side or that, but after all, one has to walk.

### **How can one cultivate balance and contentment in life?**

*Swami Satyananda:* Aspirants should keep the mind pure and life disciplined and restrained. In family life they give full scope to peace, tranquillity and cooperation. They are benevolent and of service to others. They should be forceful in their karmas, sweet and soft in their speech. They should be balanced in food habits, simple in dressing up and above all they should be highly knowledgeable.

These aspects should be thoroughly taken care of. They are fundamental elements and secrets of success in day-to-day life. Aspirants should be blissful, full of joy and exalted in spirit,

learn to live in happiness and contentment and allow others to live that way. This is the perception and realization of 'satyam'.

Aspirants should neither do back-biting nor listen to it; not think evil nor do harm to anyone. They should avoid harshness and help the sick, poor, helpless, aggrieved and widows. They must stop extravagance, and instead write the personal Ramayana of their own life, not Tulsi *Ramayana*.

People should do pooja of human qualities instead of worshipping temples; learn to respect and worship restraint, instead of involvement in *bhoga*, enjoyment. They should display calmness and mildness instead of harshness. The world is brimming with crores of sermons, but what I have mentioned is enough for this life. Oceans have an immense amount of water but just a little bit is good enough to live by.

### **What did Swami Sivananda's philosophy of surrender involve?**

*Swami Satyananda*: In this complex world, if a person does not have a personality, if he does not have an ego, he will be in trouble for he will be exploited. Swami Sivananda had one answer to this. He was completely of one opinion: whoever the person is, even if he is wretched, even if he is a murderer, even if he has come to plunder, exploit or harm, one must surrender.

That was his philosophy, and he did it – he practised it throughout his life! To people who criticized him, who insulted him or spoke badly about him (of course there were no bad points in him but still there were people who criticized him), he used to give great respect.

Even in the ashram there were sannyasins who used to criticize Swami Sivananda. Four or five of them would sit down and say, "Swami Sivananda's English is hopeless. He sings songs like that. He makes faces like this." Swami Sivananda used to send them coffee and tea and cashew nuts!

– *Published in* Conversations on the Science of Yoga,  
Bhakti Yoga Book 4, In the Presence of Bhakti

## YOGAPEETH EVENTS



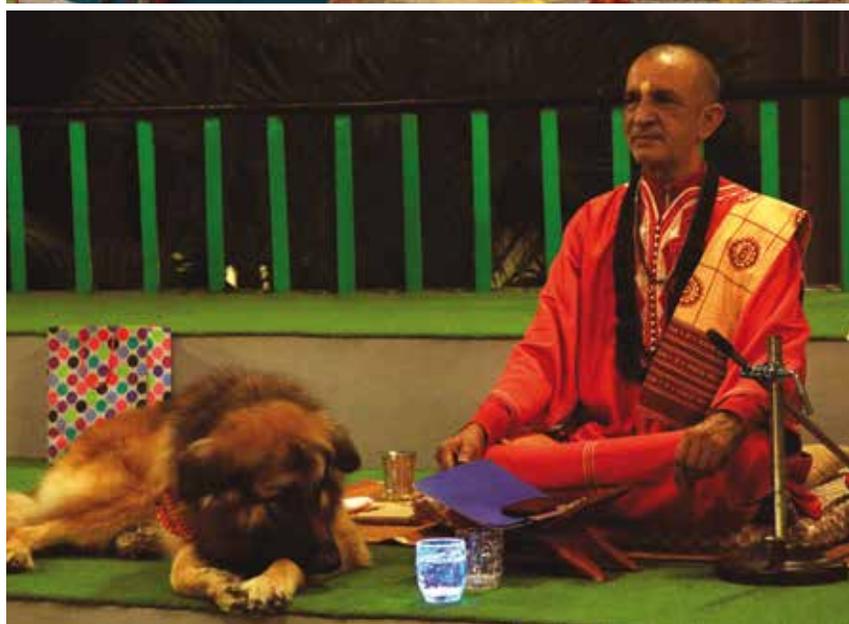
### **Basant Panchami**

From 27th to 30th January, Basant Panchami was celebrated at Ganga Darshan, commemorating the 57th Foundation Day of the Bihar School of Yoga. The yoginis from Lalita Mahila Samajam at Thirueengoimalai, Tamil Nadu, conducted daily aradhana dedicated to Devi Chandi, Lalita and Saraswati. The children of BYMM, guests and residents sang kirtan in Satyam Vatika in the mornings and afternoons.



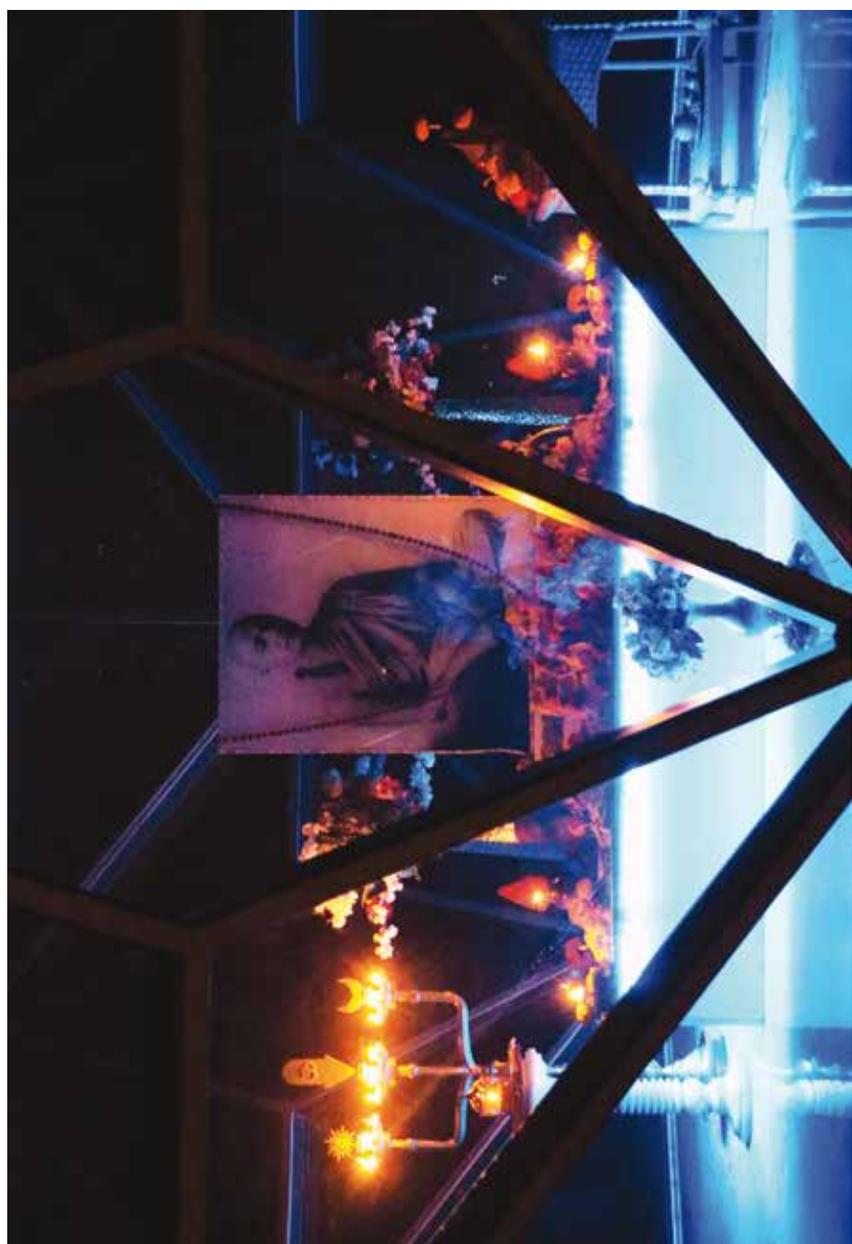
On 30th, the Foundation Day of BSY, the children of BYMM presented a drama on the theme of yoga ecology – *Parivartan, Time to Change*. As the text was read out, they showed through pantomime how everyone can contribute to a better environment through awareness, simplicity and respect for Nature.







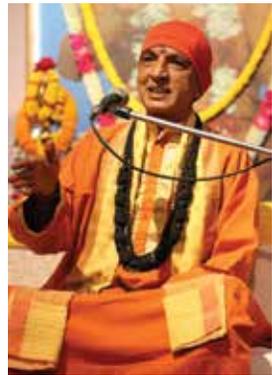
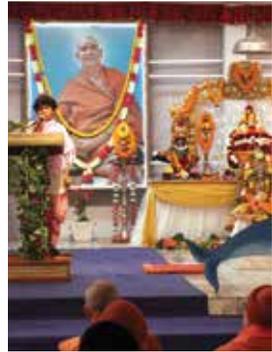




Nine-year-old Prasiddhi from Chennai spoke on her environmental project of planting trees in schools throughout the city. Sonu of BYMM delivered a heart-warming talk on his life as a BYMM member and how he is able to apply the inspiration and teaching of the masters.

Swamiji thanked the children and told the gathering that they were an example of living yoga moment to moment. They have understood that yoga is not just a session in a classroom, but a way of life that can uplift everyone. Yoga lifestyle is not to attain moksha but to develop head, heart and hands. Bihar School of Yoga is not a yoga centre, but a place where one can imbibe yogic samskaras.

The yoginis concluded the program with pooja in Chhaya Samadhi.

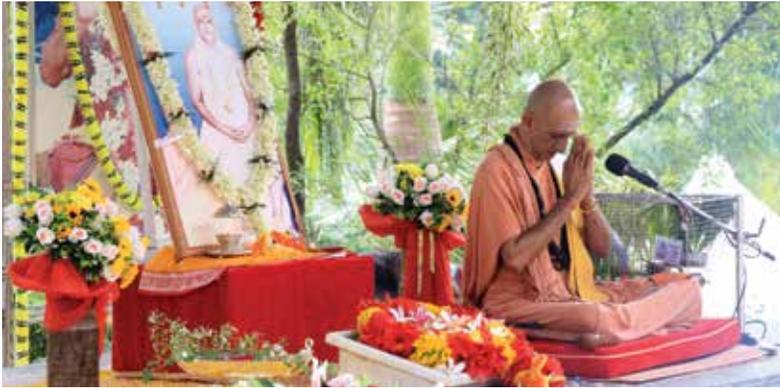


### **International Day of Yoga**

On 21st June, Bihar School of Yoga conducted the IDY program for residents at Ganga Darshan.

In Munger, 'the city of yoga', similar programs were conducted by members of BYMM at many private homes. Programs were also conducted by ashrams and centres throughout Bihar, India and around the world. The IDY sadhana included yoga capsules of asana, pranayama, relaxation, meditation and the practice of yama and niyama which could be done throughout the whole day.



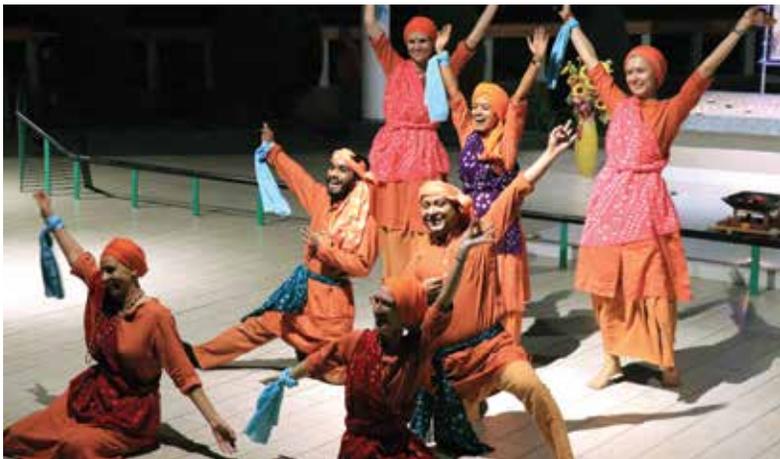


### **Guru Poornima**

On 5th July, Guru Poornima was celebrated in Satyam Vatika. Swamiji conducted paduka poojan, and sannyasins did havan to the chanting of guru stotras and mantras. In his satsang, Swami Niranjan compared the relationship between Sri Krishna and Arjun to the guru-disciple relationship.

### **Diwali**

On 6th November, Diwali was celebrated in Satyam Vatika, residents performed different styles of dances, including fire dances. The ashram was sparkling with the lights of thousands of candles.



## Christmas

On 24th December, Christmas was celebrated at Ganga Darshan. Residents sang Christmas carols and Father Christmas came with his bag full of prasad. Swamiji spoke on the qualities which Jesus lived throughout his life. A havan was conducted to the hundred names of Jesus and Sri Swami Satyananda.



## Sri Swami Satyananda's Birthday

Sri Swami Satyananda's birthday was celebrated as Satyam Poornima. A five-day program was jointly organized by Ganga Darshan Vishwa Yogapeeth and Paduka Darshan. On the banks of Ganga, abhishek of twelve Sivalingams and Satyameshwar was conducted to the chanting of stotras. Members of the Yoga Yuva Mitra Mandal were fully involved in all the preparations and procedures. Swamiji spoke on the significance of celebrating Sri Swamiji's birthday as Satyam Poornima.

## Year End Program

On 31st December, the year 2020 came to an end. With havan, a meditation and Swamiji's best wishes for the coming year, the residents reviewed the outgoing year and connected to the inherent positivity, strength and faith to be ready for 2021.



## 2020 ONLINE PRESENTATIONS

New ways of yoga propagation and training were developed to reach out to all aspirants who due to the Covid-19 situation were unable to attend any program at Ganga Darshan or elsewhere in India.

Under the inspiration of Swami Niranjanananda Saraswati, online presentations were created to meet the needs of the individual and the community. Bihar School of Yoga also responded to invitations to participate in webinars organized by various institutions as well as the Government of India.

### HEALTH INITIATIVES

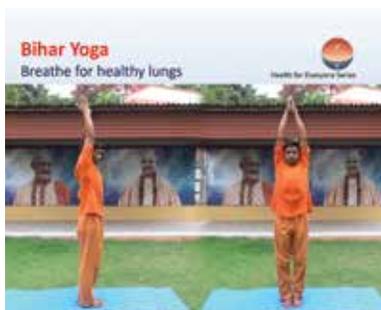
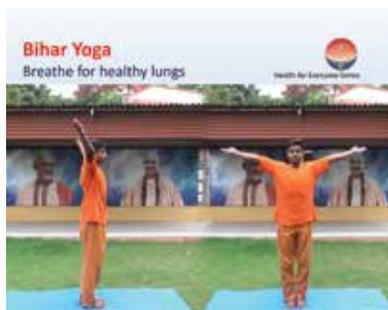
In April, *Yoga Lifestyle Sadhana* was launched, giving tools, practices and attitudes to promote total wellbeing for the whole family.

In May, an app called *For Frontline Heroes* was 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.

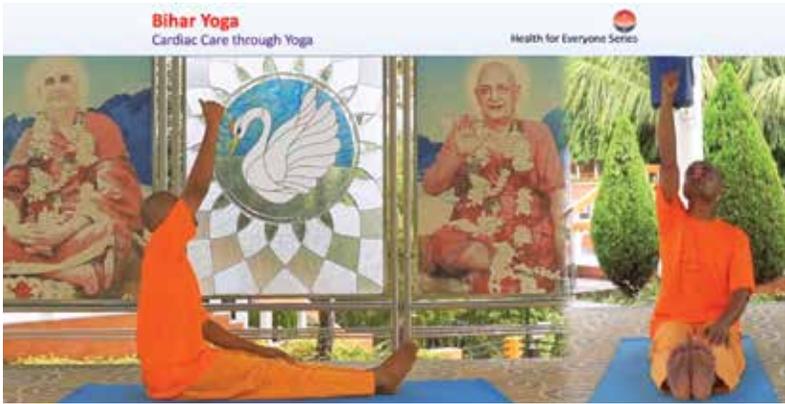
On 21st June, the *International Day of Yoga* was observed with an online presentation of living yoga throughout the day.

The *Health for Everyone* series was launched with two presentations:

- *Breathe for Healthy Lungs* presents vital information to promote and correct breathing habits. It provides simple practices to maintain optimum health of the lungs



- *Cardiac Care through Yoga* gives an understanding of the functioning of the heart and practices to strengthen and relax this most vital organ



## PROGRAMS

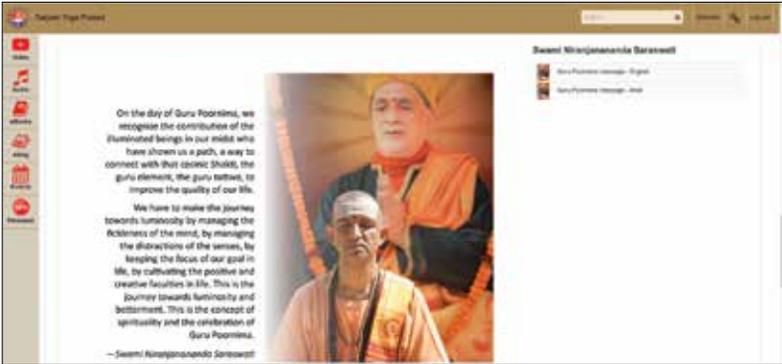
### Mahamrityunjaya havan

On 28th August, the Mahammrityunjaya havan presentation was offered as a digital prasad. In their own homes, devotees are able to follow the tradition upheld by residents of Ganga Darshan every Saturday evening. Thus the connection to the spiritual home is strengthened once more.



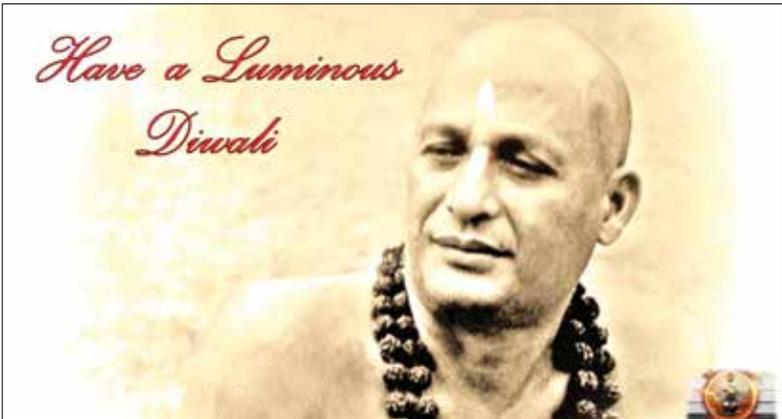
## Guru Poornima

On 5th July, Guru Poornima was celebrated with a beautiful digital prasad of sound and sight and a lot of inspiration. Devotees were inspired with messages of the Masters, aradhana, live kirtan and new publications. A livestreamed satsang with Swami Niranjan brought the guru parampara and the ashram into homes and hearts around the world.



## Diwali

On 6th November, devotees around the world received the digital Diwali Prasad of kirtan and inspiring messages of the Masters. In the presentation, Swamiji tells the story of the sun, a little deepak and the importance of keeping the light alive in one's life.



## FEEDBACK ON THE DIGITAL PRASAD

At the conclusion of the year 2020 and the dawn of a new year, let me take this opportunity to thank each and every swami, sannyasi and resident of Ganga Darshan and Sannyasa Peeth for all their help, support, guidance, prayers and love given so generously, without expectation of anything in return.

My utmost gratitude goes to Guruji, Swami Niranananda, who has been there for us every moment, cheering us, correcting us, polishing us and chiselling us to make us fit instruments for his energy to flow out into the world and make it a better place. In all humility, I have emptied myself to be a good instrument, one that is in total sync with the player.

The first day I heard Guruji's satsang at Tryambakeshwar, he had said, "I only want you to pray that I fulfil my sankalpa," so that is my heartfelt prayer for him. May divinity shower him with His grace and blessings so he can fulfil his sankalpa!

—*Shantikriya, Mumbai*

I want to thank you for the support during this interesting and strange year 2020. For me it was very fruitful. I improved my discipline in practising my sadhana. This helped me to become more stable and strong. I can feel the spark that you light in me and that spark of faith is guiding me forward and helping me to support through your teachings and inspire the people around me.

Thank you Swamiji, and I want to express my gratitude towards all the residents of the ashram. I pray your mission to be successful and let God bless all of you.

—*Padmavati, Bulgraia*

The past year was difficult and exhausting with various hardships for some of us and our loved ones. There was anxiety, depression and sometimes fear. In this joyless

atmosphere your digital gifts began to come. With them light and hope entered our homes. We were no longer alone. You were with us. Your love and care for all of us made us braver, more positive and gave us more faith. We are thankful that we can feel the presence of the Guru during the times of physical distance. Thank you that you are with us and for everything you do for us

—*Vishwaroopa, Samidha, Sivapriya, Dharmatara and Ram, Bulgaria*

Deep pranam from the bottom of my heart! The whole year I have felt protected, encouraged and inspired to pass through the challenges life has placed before all of us, and before myself particularly, with a courage, an understanding, learning and growing. I am so thankful for your care for all of us to be well, to manage with the hard times, to continue with a positive and open mind and soul. The prasad we have received and continue to receive have brought me closer to you, back to the ashram reminding me that we are always together. The feeling at the end of one difficult year and at the beginning of a new, hopefully better, year is of deep gratitude, love and inspiration.

For the New Year I wish you sound health and success in everything you do. If there will be a Panchagni sadhana let it be the strongest and the most successful of all until now. With respect and pranam,

—*Sannyasi Tarpan Vidya, Bulgaria*

Thinking of my last darshan of Sri Swamiji, of India and of the ashrams – tears of happiness are running over my face. All of you – I miss.

In the present time visiting the Indian ashrams is not possible for us. Maybe that is an opportunity to realize that the experience of ashram life is absolutely not self-evident, but a gift, whose value cannot be overestimated.

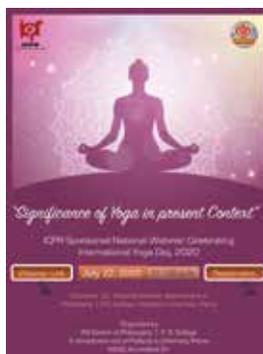
—*Sannyasi Antarjyoti, Germany*

## WEBINARS

On 20th June Swami Shivadhyanam participated in a webinar organized jointly by Shiksha Sanskriti Uthhan Nyas, New Delhi, and Munger University on the 'Role of Yoga and Ayurveda in ancient Indian health consciousness' to commemorate the International Day of Yoga. In his speech, he highlighted the importance of a regulated yogic lifestyle.

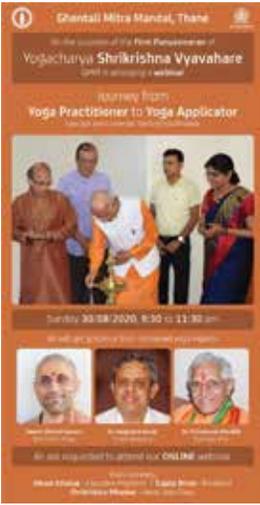


On 22nd July, Swami Shivadhyanam represented Bihar Yoga Bharati in a webinar sponsored by the Indian Council of Philosophical Research and organized by PG Centre of Philosophy, T.P.S. College, a constituent unit of Patliputra University, Patna, to celebrate the International Day of Yoga. The subject of the webinar was 'Significance of Yoga in Present Context'. In his speech to the over 800 participants of the webinar, Swami Shivadhyanam elaborated on the lifestyle and sadhana aspects of yoga and explained how simple lifestyle adjustments along with practices of hatha and raja yoga can improve physical health, vitality, immunity as well as mental peace, balance and positivity.



On 30th August, Swami Shivadhyanam spoke in a webinar organized by Ghantali Mitra Mandal, Thane, on the occasion of the first punyatithi of its founder Swami Satyakarmananda (Sri Krishna Vyavahare). The theme of



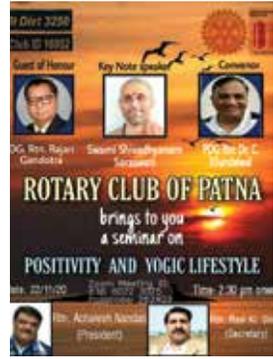


the webinar was 'Journey from Yoga Practitioner to Yoga Applicator'. Paying his respects to Swami Satyakarmananda on behalf of BSY, Swami Shivadhyanam recalled his long and fruitful association with Sri Swamiji, Swamiji and BSY, and his contributions in the field of socially relevant yoga projects. Speaking on the applications of yoga at the personal, social and ecological levels, Swami Shivadhyanam also highlighted some of the practical programs and apps developed by BSY to help people overcome the problems generated by the present pandemic.

On 24th September, Swami Shivadhyanam interacted with the Honourable Prime Minister of India at a virtual *Fit India Dialogue* organized by the Ministry of Youth Affairs and Sports on the first anniversary of its *Fit India* movement. In response to the questions posed by the Honourable PM, Swami Shivadhyanam highlighted the spirit of service and renunciation as exemplified in the lives of Swami Sivananda, Swami Satyananda and Swami Niranananda which acts as the inspiration, and the gurukul system of education that acts as the driving force behind the Bihar Yoga movement.



On 22nd November, Swami Shiva-dhyanam was the Keynote Speaker at a webinar on 'Positivity and Yogic Lifestyle' organized by Rotary Club of Patna. In his speech, Swami Shivadhyanam elucidated on key aspects of yogic lifestyle such as awareness, restraint, discipline, lifestyle yamas-niyamas and yogic capsules that help in maintaining harmony, happiness and positivity in life.



## FOR THE CITY OF YOGA

During the pandemic period, Bihar School of Yoga supported the local administration. The ashram provided the local administration, police personnel, staff of the postal department and our frontline heroes with items such as bedding (bed sheets, mattresses, pillows), masks, gloves, face shields, disinfectants and PPE kits to help develop quarantine centre.

The same essential equipment as well as hydrogen peroxide to sanitise the place was provided to hospitals and health centres to help deal with the pandemic.

Banners were designed to create awareness and educate about effective measures to protect oneself and others. They were put up in more than 25 locations in Munger.



**बिहार योग विद्यालय, मुंगेर द्वारा जनहित में प्रसारित**

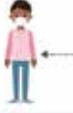
नगरवासियों,  
हरि: ॐ




अपने राज्य में कोरोना संकट धीरे-धीरे बढ़ रहा है, अतः कुछ विशेष सावधानियों पर ध्यान दें:

1. घर में स्वजनों के साथ, घर के बाहर अपने मित्रों से संपर्क के दौरान, दुकान में, बस-ट्रेन में हमेशा मास्क पहन कर ही रहें।
2. छः फीट की शारीरिक दूरी हमेशा बनाए रखें।
3. प्रति घंटे अपने हाथों को साबुन से धोएं।

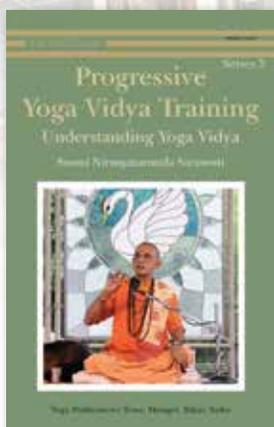
इतनी सावधानी से आप कोरोना संक्रमण से मुक्त रह सकते हैं।  
आपका स्वास्थ्य आपका जीवन है, इसे सुरक्षित रखें।


6  
feet


ॐ, प्रेम, मंगलम्

# Evolution of Consciousness

Swami Niranjanananda Saraswati



From the yogic perspective, creation begins with *sphota* or the Big Bang. According to science, from the Big Bang emerged many different things: clouds, dust, light, rays, waves, and so on. They spread and gradually formed stars, planets, galaxies and eventually life-forms.

When life-forms were created, a different kind of energy manifested. It was in the form of awareness, or consciousness. The elements of earth, water, fire, air and ether were already there as energy, but now there was positive energy and negative energy. Just as there are positive ions and negative ions, there is positive energy and negative energy, plus and minus.

The plus or positive energy is experienced as vitality, and it expresses through the senses, the body and the elements. What is experienced as thought, mind, awareness and consciousness is the minus energy; it is not expressing itself outwardly yet it



is there. The two energies coexist, just as negative and positive ions can coexist in the same space. Similarly, these two energies, defined as *prana* and *chitta*, stay together. *Prana* represents the vital, dynamic, active energy, and *chitta* represents the passive, dormant, inactive energy. They are the positive and negative poles.

Scientifically, consciousness and mind have not yet been defined. In a *Time* magazine issue of the 1980s there was an article stating that there is no mind, only electrical inputs in the brain. Science is looking at the physical or material component. However, not everything is physical and material, there is also the subtle dimension. It is the sentient energy that gives us the experience and understanding of life, while vital energy carries the movements and motions of the elements forward.

Through permutation and combination of different elements and chemicals over a period of millions of years,

nature and life-form came about. This life-form was guided by a component, which was later identified as the mind. It was the awareness of 'Who am I?' 'Where am I?' 'What is this?' 'What is this fruit?' The word fruit did not exist, it was simply 'What is this?' Everything was enquiry, to know one's place in creation. The life-form had never been exposed to cold, heat, water or air. It had not even been exposed to the body, to walking, to thirst or hunger. Yet, instinctively it had the understanding of self-preservation, the knowledge of how to survive.

To instinctively know self-preservation is chitta shakti. The sentient energy begins to operate. If toddlers are thrown into water, they try to move their arms and legs to remain afloat, and that is how they learn to swim. They develop a skill, which they did not have before, by being placed in a special condition. The same thing happens here: when placed in a situation, a skill, an awareness, an understanding develops, which people did not have before. It is not logical, it is instinctive.

Instinct became the first kick of the sentient energy. It manifested as instinct. You see that instinct in everything, in every life-form. Even a single-cell amoeba has the survival instinct. In all life-forms, from animal, insect, bird, reptile to quadrupeds and bipeds, that shakti, that awareness, understanding and instinct is expressed. There was a time when this instinct was the main function in life. Today it is relegated to the background since the faculty of *buddhi*, logic and intelligence, has come forward.

When we were living in the Stone Age, we were expressing our instincts. When we were living in the Industrial Age and the age of discoveries, we were living our buddhi, logic and intelligence. This progression from instinct to logic is the development of awareness, of consciousness and of knowing.

– 21 October 2019, published in  
Progressive Yoga Vidya Training Series 5,  
Understanding Yoga Vidya

Over the year 2021, YOGA magazine will publish the poem *Light Fire and Darkness*, written by Dhiru Desai (1932–1991)

## Light Fire and Darkness

*A modernized version of the Bhagavad Gita,  
by Dhiru Desai*

### **A Word from the Author**

In the ancient Hindu epic called the *Mahabharata*, the Pandavas, five brothers who epitomize good, go to battle against their one hundred cousins, the Kauravas, the forces of evil. Before the battle Arjuna, one of the Pandavas, hesitates to fight against friends and relations. Sri Krishna then expounds his philosophy, which came to be known as the *Bhagavad Gita*. In *Light Fire and Darkness*, Arjuna becomes the devotee and Sri Krishna becomes the divine voice. Chapters 1 and 11 are spoken by the devotee and the rest of the text is the divine message.

This is not a translation of the *Bhagavad Gita*. This is a modernized version. I am not a scholar of Sanskrit and in this work I have not used any Sanskrit words, nor have I linked it in any way to Hindu philosophy. I have tried to write in a way that is likely to appeal to one not familiar with vedic culture.

– Dhiru Desai, May 14 1987, Memphis, USA

## CHAPTER 5 - THE ROAD TO TAKE

Which way is better?  
Renunciation or selfless action?  
Renunciation is  
knowledge plus inaction;  
selfless action  
is knowledge plus action.  
Take away knowledge  
and what remains?  
Inaction and action;  
and action is always  
better than inaction,  
for the idle mind  
plays with fire.

The strength of renunciation  
is inner knowledge.  
The unmoving sun moves the universe;  
its heat and light  
preserves the earth;  
and without it  
nothing could exist.  
Detachment  
is the strength of  
selfless action.  
Rainfalls from the skies  
gush into the earth  
to create lush growth,  
and then return  
as pure vapour  
back to heaven;  
the rains do not remain  
to feed on the grain.

The wise do not differentiate  
between the two paths,  
for they know that both converge  
on one divine goal  
of love and truth.  
Renunciation is the way,  
however, for one who has  
had supreme knowledge.  
For the beginner,  
learning through trial and error,  
selfless action is the road to take.

The wise one views impartially  
the learned and  
the ignorant,  
the great and small,  
pain and pleasure  
and praise or blame.  
The wise are wedded  
to five restraints:  
stick to the truth,  
be nonviolent,  
do not covet,  
be celibate,  
and never accumulate.  
And the wise one  
observes five rules:  
cleanliness,  
contentment,  
study, penance,  
and meditation.  
The wise one  
sees,  
sleeps,

inhales,  
breathes,  
gives,  
takes,  
hears,  
touches,  
eats,  
winks,  
talks  
and walks,  
but knows:  
the senses are at work,  
not the self, not the soul.  
Such a one lives in the body  
but is free from its actions.

The lotus remains pure,  
untouched by dirt, in muddy waters;  
so must one devoted to service be,  
by curbing passion.  
Let senses be your slave.  
Work without fear,  
in selfless service.  
Know me as one who appreciates  
your sacrifice and selflessness,  
who is friend of all mankind,  
and lord of all the universe,  
only then will you attain peace.

## CHAPTER 6 – SOWING THE SEEDS

Selfless action, in time,  
leads to renunciation of action  
and meditation.

Renunciation is  
plucking out the weeds;

Meditation is  
the sowing of seeds.

Control your mind;  
if you do not,  
you become  
your own enemy.

Control your senses;  
if you do,  
you will be  
your very best friend.

Meditation  
is the focus  
of mind on god.  
The crested lark  
flies out to the sun  
every morning;  
so must you each day  
reach out for god.

This is not possible  
for the immoderate.  
Eating too much or too little,  
sleeping too much or too little  
leads to disharmony.

See no evil, talk no evil;  
hear no evil, and do no evil;  
then only will you  
avoid distraction.

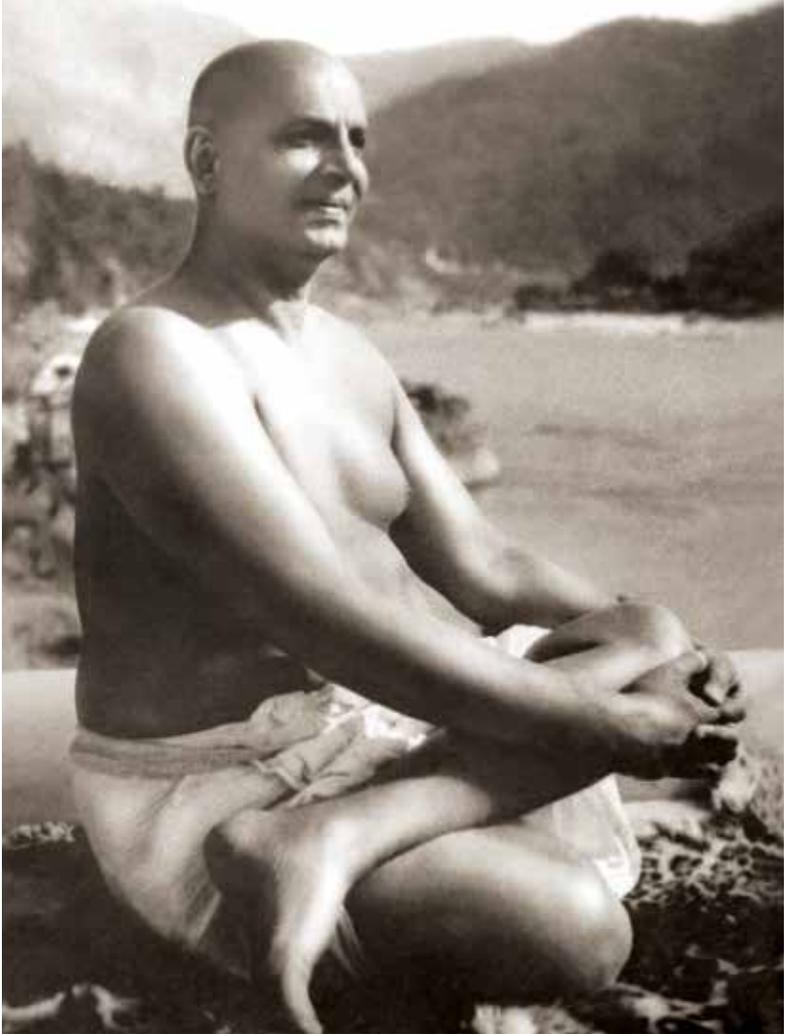
Be one with the world.  
Perceive the divine in every being.  
Another's pain  
must become your sorrow,  
and pleasure, your joy.  
All that happens is god ordained.  
Let no event disturb your mind.  
For the mind's flame  
will not flicker  
if there is no ill wind.

Sit still in solitude to meditate,  
keeping head, neck and body  
in one straight line.  
The fruit of the mango  
ripens and rots,  
but the kernel  
grows harder every day;  
and so must the mind  
grow stronger each day  
even though the body ages and decays.

If you live a life of moderation,  
have mental peace,  
and can focus on god,  
then through study and renunciation  
you can reach god;  
if not in this life then in another,  
for the good that one does  
is never lost.  
One who perseveres  
achieves in the end  
oneness with god.

# For the Light

*Swami Sivananda Saraswati*



Work hard and you will be purified. You don't have to fetch the light; the light is in you.

# A Part of Life

Swami Satyananda Saraswati



Every person, no matter how great, must practise karma yoga in order to evolve and make himself competent for higher stages of meditation. He must work so hard that karma yoga becomes his life. The maximum results can be derived only by making karma yoga a part of his life. Sannyasa does not mean abandonment of action; it means abandoning the self-oriented mode of action. This has been explained in the *Bhagavad Gita*. Sri Krishna has gone so far as to say:

He who performs his bounden duty without depending on the fruits of his actions,  
he is a sannyasin and a yogi, not he who is without fire and without action. (6:1)

This means that the person who acts without caring for the fruit of actions is a sannyasin and a yogi. Nobody in this world works without any expectation of the fruit; one who does is indeed a sannyasin. One should always bear in mind that this has been preached in all religions.

# Develop Immunity

*Swami Niranjanananda Saraswati*

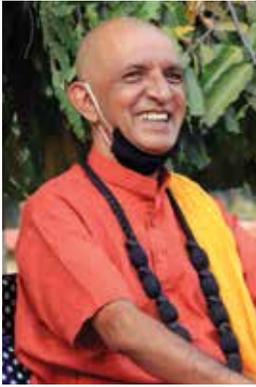


The purpose of karma yoga is to develop immunity from the reactions. How many people are immune to the reactions of other objects and people? You react to whatever a person says and are not immune to what is said.

If somebody says good things, you react and respond; you are elated, happy, the ego is bloated. When somebody says a harsh word, you feel dejected and depressed and your ego is deflated. You are always influenced by the inputs of others. Developing immunity from that is karma yoga, not just sweeping the floor.

Having abandoned attachment, yogis perform action by the body, mind, and intellect and also by the senses, only for the purification of the self. (5:11)

# Yoga Chakra Online



On the auspicious occasion of Basant Panchami, the Foundation Day of Bihar School of Yoga, the online Yoga Chakra training was launched under the inspiration of Swami Niranjanananda Saraswati.

Yoga aspirants who have participated in the month-long Progressive Yoga Vidya Trainings conducted from 2015 to 2019, were invited to join the online sessions on 14th, 15th and 16th February.

The topic was shavasana, the art and science of relaxation. Swami Niranjanananda gave an in-depth talk on the importance and many facets of relaxation. The first session focused on the physical aspect of relaxation. Audio recordings of short relaxation practices were also available.

This program will continue every month on 4th, 5th, and 6th in honour of and as a tribute to Sri Swami Satyananda and his teaching.

From around the world, participants sent their impressions and expressions of gratitude for this beautiful gift they received. The online Yoga Chakra gave them a broader understanding of the basics of yoga training, and took them to their spiritual home at Ganga Darshan Vishwa Yoga Peeth.

#### **Form IV (See Rule 8)**

Statement about ownership and other particulars about newspaper, YOGA, to be published in the first issue every year after the last day of February.

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I, Swami Gyansiddhi Saraswati, hereby declare that the particulars given above are true to the best of my knowledge and belief.

**Date: 1 March 2021**

**Sd/- (Swami Gyansiddhi Saraswati) Editor**



**Yoga Publications Trust**

## Life and Death

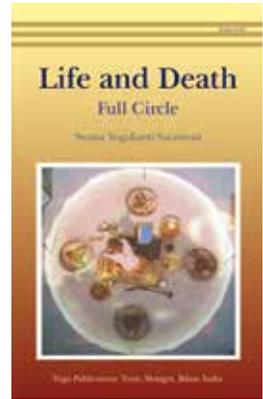
### Full Circle

Swami Yogakanti Saraswati

568 pp, soft cover, ISBN : 978-81-943598-9-0

As the title *Life and Death – Full Circle* suggests, this book looks at the full picture of human experience. Traditions of all times emphasize that a change in attitude is necessary to journey through life with peace and harmony and to prepare for the onward journey past the gates of death.

The book concludes with meditations given by Swami Niranjan-ananda Saraswati which purify one's intentions and give strong, resilient and positive samskaras, uplifting life after life.



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## Websites and Apps

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

### Satyam Yoga Prasad

The digital library of the Bihar Yoga Tradition presenting audio, video and publications online. Available at [satyamyogaprasad.net](http://satyamyogaprasad.net) and as apps for Android and iOS devices as prasad.

### Living Yoga Lifestyle Sadhana

This program is released aiming to improve and enhance health and total wellbeing. Available from [biharyoga.net](http://biharyoga.net) and [satyamyogaprasad.net](http://satyamyogaprasad.net).

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### 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.

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