



Svaroopaa[®] Vidya Ashram

kaadaa!

Svaroopaa[®] Yoga: Experience Your Divine Self

Volume 4 No 3

July 7, 2016

Editorial

Shifting Gears

By Swami Nirmalananda

Spiritual growth happens in quantum leaps. It's much like the physicists describe for how an electron leaps from one orbit level to another in an atom. First the electron gains energy, but continues in the same pattern. Then it gains more energy, and more and more energy, until finally it is amped up enough to leap to the next level. You do the same thing in your yoga and in your life.

In the quantum leap, the electron disappears for a few nanoseconds. The physicists don't know if the electron that appears in the new place is the same electron or a new one, maybe even formed from the same energy. You do the same thing as well. It's called transformation — you take on a new form. You have a new sense of self, more true to your own capital-S Self. Progressively you become more you.

Yoga manages and fosters these quantum leaps, but ideally it's a smoother transition. It can be like an experienced driver shifting gears in a car with a manual transition. I remember learning to drive a stick shift, the car jerking forward or stalling out completely. Once I got the hang of it, I preferred it to an

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Swamiji

automatic, because I could manage the energy of the engine more effectively. It's fun! And it can save gas mileage and your brake pads if you know what you're doing.

I love the smooth glide from one gear to another. As a yogi, it took me decades to be able to do the same in my own persona, not only gliding through life's

changes but also the profound metamorphoses that Shaktipat and Svaroopā® yoga provide. As I continue to deepen into the great gift my Guru gave me, I watch all of you deepen as well. Unfortunately, some of you do it more like tectonic plates.

Your ability to manage your own spiritual blossoming comes from the cosmic intelligence arising from its inner source. The yogis describe their smooth shifting of gears in these many inspiring reports. That ability to go with the flow in your life, as well as with the changes in your Ashram programming, comes from the ever expanding depths of your own being. Yes, the Ashram is blossoming. Are you ready for more? Because it's coming...

Tadaa!

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Embodiment® Is Amazing!

Brindi Blessing, interviewed by Yogeshwari Fountain



Brindi Blessing

Brindi Blessing will forever be grateful for having “stumbled into” Matrika (Marlene) Gast’s yoga studio in Boise ID three years ago. Brindi had developed a very bad case of sciatica, seemingly out of the blue. Yet after one month of *Svaroopaa*® yoga classes, she was completely healed. This got her attention. She signed up for Foundations, held in Boise in May 2013. She has been teaching at Matrika’s studio ever since. And even though she was encouraged many times to take *Embodiment*® training, she waited until Spring 2016. She says, “I

didn’t think I was ready. I didn’t feel I was aware enough or established enough in my meditation practice until now.” Having passed the course, today she is relishing being a full-on *Embodiment*® yoga therapist!

From the beginning, Brindi could appreciate the interweaving between meditation and *Embodiment*®: how each practice affects and supports the other. The therapist’s state of awareness and stillness is much like sitting in meditation. “Also,” Brindi notes, “the kind of awareness I learned in *Embodiment*® helps me in my meditation, to be more still, more present. Reciprocally then, it is easier to slip into that ‘aware state’ while giving an *Embodiment*® session. Meditation has also made me more aware and responsive while receiving sessions. Both giving and receiving *Embodiment*® sessions and meditating daily is developing the habit of being open, again and again, while developing the habit of coming back to my Self, again and again.”

The depth and power of the *Embodiment*® course amazed her. There had been a “deadness” in her left side, which no amount of yoga classes and teacher adjustments could reach. “Now,” Brindi says, “I am thrilled to be able to feel and get into those tight spots.” For even more support, Brindi felt it would be wise to receive some vichara sessions (guided self-inquiry) during the “cranky days” midway through the course. That plus *Embodiment*® felt like a seamless process, “How profoundly

something can be stored in the body, and when we get free, it is released from the body/mind.”

Returning home, Brindi immediately offered her students a discounted series rate and the sign-ups poured in. Giving 2–3 sessions a day, after finishing her morning job and teaching classes, has been wonderful. She is sleeping better, finding that spending that much time in the space of awareness makes her feel more alert and energized. She is surprised by the positive effect on herself from giving *Embodiment*® sessions, and explains; “Before *Svaroopaa*® yoga I was in a terrible space. I couldn’t do a day! Yet it was amazing the emotional healing and spiritual restoration I got in a 90-minute class. The practices integrate and change every facet of myself because I am settling into the Self.” She is more aware of herself now. She is also more aware that this is a process of growth. In the beginning, she still could not get through a whole day, and needed

more rest for her healing. But now she notices, “A day is no big deal. I feel good doing what I am doing. I’m changed. I just keep discovering how. Awareness is fun!”

Of her many new clients, one especially stands out for her because of the extreme pain she was in. She had a serious diagnosis so Brindi used the High-Risk Treatment Protocol. Yet even with just a few minutes of *Embodiment*® on each side, this client left with no pain! She continued to be pain free the next morning as well. This sealed her decision to cancel her membership to a massage group and reroute her resources to *Embodiment*® sessions. She is consistently seeing improvement, and is “beginning to no longer own the idea of debilitation.” Brindi continues, “She’s not feeling the physical pain that sets up the cycle of fear in her mind, creating more pain in her body.”



When Brindi signed up for the *Embodiment*® training, she thought she was going to learn to do something for others. It turns out, there has been so much more. “*Embodiment*® training has been revelatory for me, concerning my own life and practice. I think I underestimated how much it would affect and change me. The training was far more about my own Self. And I wonder, had I known this, whether I would have signed up even sooner!”

From the beginning, Brindi could appreciate the interweaving between meditation and Embodiment®: how each practice affects and supports the other. The therapist’s state of awareness and stillness is much like sitting in meditation.

The Most Incredible Gift

Saguna Goss, interviewed by Priya Kenney

Saguna Goss' Boise Shaktipat Experience



Saguna Goss

Where else can you go to have lifelong limitations zapped away in an instant? Saguna Goss knows without a doubt, "Shaktipat is the most incredible gift ever." She is blown away thinking about all the contractions Kundalini has burned away in an instant. "This incredible gift is right here in front of us. All we have to do is accept it."

The extraordinary gift of shaktipat gives us everything by removing all that blocks our knowing of how great we are. Kundalini specializes in unwrapping this precious gift, unraveling layer after layer so we know who we really are. The "Goddess of Subtraction" never tires, working on our behalf without stopping as long as we cooperate with the process. As layers are opened, we experience more and more freedom. Saguna describes her experience:

I didn't even know this stuff had a vise grip on me. It was fundamental to my "little s" self; I didn't even know it was there. If I had to do all that clearing on my own, I don't even know if it would be possible. It would take me hundreds or thousands of lifetimes. Kundalini just burns it away in an instant.

One thing that jumped out for Saguna was the realization of what she's been getting at every Shaktipat Retreat. "As Swamiji says, you get the whole of shaktipat, the whole of your own Self, every time. It's just a matter of how much you can receive."

Along with the expansive experiences of shaktipat comes a growing capacity to see what hasn't yet unraveled. It's not that our limitations are increasing; they are just easier to see because so much has been cleared out. When a closet is packed to the gills, it's hard to see what is in there. As we clear and clean, suddenly we see stuff we didn't even know was there. Or maybe we suspected it was there, but suddenly we are acutely aware of it.

As with so many things in life, Shaktipat Retreats require a commitment of time and money. Wondering whether a retreat is the best way to spend her time and money is a familiar concern for Saguna. She recently bought a house and has been in financial transition, juggling and prioritizing where to spend her money. That made her consider if she could really afford to go to the Boise Shaktipat Retreat in May. After receiving some encouraging emails from the Boise retreat hosts, her doubts subsided and Saguna prioritized putting her money toward the retreat.

But Kundalini wasn't finished rooting out doubt. After the Friday night session, which included Swamiji giving a talk and then leading meditation, Saguna experienced openings along with experiences she usually has in the presence of the Guru. She also noticed that her openings were subtler, not quite as dramatic as previously. The doubts escalated. "Maybe I've had enough of these. Maybe there isn't any more roasting to do. Maybe you've just run out of the shaktipat." Saguna wondered if she should be finishing YTT Level 3 and 4 instead. More mind romping started up. "What about meditation teacher training? Is that a deeper experience? Maybe shaktipat isn't the deepest anymore."

During the retreat, Swamiji spoke about the malas, the limitations that Shiva takes on to hide our Divinity from us. While meditating, Saguna had a vivid experience of the malas, first experiencing the karma mala, the impulse to incessant doing. Then she experienced the identity mala, that keeps us thinking we are what we do. This is how Saguna describes her experience:

When I turned inward, I saw my mind churning up my to-do list and I saw Kundalini burning that up. Then my mind was churning around all my identities. Again, Kundalini burned through that. The last layer, the not-knowing of my Self, was pierced but not dissolved. It was really great to have the malas described, and then to experience them being cleared away.

Saguna is very aware that it is not her doing that is accomplishing this. "I really experienced that it's Kundalini doing the work. The path is both Grace and self-effort. I got myself to the retreat and showed up, but she did all the work."

While Saguna had doubted whether shaktipat was really the deepest experience, a couple weeks ago she listened to an online satsang audio. Swamiji describes the promise of yoga, and how that promise is fulfilled in a Shaktipat Retreat. In thinking about the Boise Shaktipat Retreat, Saguna realized, "Shaktipat is the nugget of the experience, the most powerful of the weekends." She sums it up this way:

It just keeps getting better. I keep getting blasted open and can see that the retreats are all giving me the same incredible gift. I'm the one that is changing. Grace, Kundalini and Swamiji are constant, but I'm the one that is opening up to it more.

Shaktipat Retreat

Deepen your inner experience and progress on the path of Self-Knowingness through receiving shaktipat from Swami Nirmalananda. In this weekend retreat, she awakens your Kundalini energy so you may attain the highest purpose of human life — the knowing of your own inherent Divinity.



Sept 30 - Oct 2 in Downingtown PA

"If you want to know your deepest essence, this is the ticket."

"The experience of shaktipat diksha with Swamiji is beautifully life expanding, the teaching is exemplary, the gift of Self is all."

Sadhana Becomes Life

By Mangala Allen



Mangala Allen

Before yoga found me in the form of my Guru, Swami Nirmalananda, I had a vague notion that there was more to life than the cycle of repetitive ups and downs. I was disillusioned with that rollercoaster but wasn't sure what I was looking for. Swami Nirmalananda introduced me to my Self and has been guiding me in knowing my Self more and more deeply ever since.

I met Swamiji (then named Rama) when she came to Atlanta in 2005. My teacher brought her in to offer us a weekend of learning from a master. Rama was amazing!

How could someone know so much? I was in awe of her. It was all I could do to muster up enough courage to go up and thank her for coming.

Something had clicked. I was drawn into something greater than myself, something beyond my understanding. I began to realize that yoga is so much more than I ever imagined. I became interested in the contemplations that were being offered in the *Svaroopaa*® yoga classes. I read and reread Rama's contemplation articles. I continued taking classes with my local teacher and began getting weekly *Embodiment*® Yoga Therapy sessions.

I started viewing my dilemma and myself in a very different way. I felt better about myself and, as I perceived myself differently, I experienced others differently. I became less judgmental. The ease that was being created in my body and my mind allowed my life to flow more freely. Everything was getting a more positive spin. I was changing and it was the yoga that was changing me!

My teacher in Atlanta told me that, if I wanted to speed up the changes, I should take Teacher Training. In the summer of 2006 I did just that. I had no idea what was to come, but I was eager to travel this path and find out. I took a lot of courses and got to spend a lot of time with Rama. I especially enjoyed sitting with her after lunchtime for hours of talks and discussions on Kashmiri Shaivism. While I did not understand a lot of it, it played with my mind. It confused me. It turned me upside down and inside out and gave me a new way to look at my life. Rama made this new way of thinking accessible for me through her stories and her loving guidance. I found it fascinating then and find it fascinating still.

Through Teacher Training and retreats, I have been introduced to the many practices within the *Svaroopaa*® Sciences. I relish them all. This Maha Yoga serves up whatever I am able to receive, and it gives me the tools I need to ready myself for more. I do the practices and my life changes, all fueled by Grace.

When I rise in the morning, I go to my nest. I prepare my sweet yoga space by performing arati (candle flame ceremony), calling the power of this lineage into my awareness. I listen to an inspiring talk by Swamiji through the website *Freebies* or read from Muktananda's books. I meditate. Lingering in the glow, I move into my seva for our Ashram (SVA), as well as into preparation for my classes and programs and into my day.

My spiritual practice opens me to the knowing of my Self. Sometimes it's a slow walk and sometimes it's running full speed ahead, but walking or running it is almost always still. Meditation allows me to find stillness in the midst of activity. Reading Muktananda's books and studying texts Swamiji has suggested help me understand how this transformation is occurring, how I am opening to my Self, the only Self.

There are so many opportunities available for me to deepen my experience. I have attended Shaktipat Retreats. I am a Shishya, meaning I am a disciple of Swamiji. I participate in the Shishya Guru Gita by phone on Thursdays and other Shishya calls when I can. I listen to the many free audio recordings of Swamiji's discourses in the Ashram's online *Freebies*. I do seva for SVA and offer dakshina monthly. Each year Swamiji's Year-Long Programme fills and inspires me. As a local teacher, now in Fort Worth TX, I share what I have learned through asana and meditation classes and offer our yoga therapies including *Embodiment*® and Vichara sessions.

Vichara has been an effective practice for me. Originally I had fear around taking this course. However, taking it dissolved my fear along with other stuff I had packed into my mind, all of which blocked my spiritual journey. Vichara is miraculous in dealing with the mind. I believe that every moment offers infinite possibilities for living a Grace-filled life. When I am in this awareness and don't block myself from it, I reap the benefits exponentially.

When I moved to TX three or so years ago, I left a beautiful cocoon in Atlanta, where I had been teaching a full schedule of asana and meditation. When I reached TX, *Svaroopaa*® yoga was not known in my area. Dare I say my little-s selves presented in full regalia! However, established in my practices, I began to find my way in this new place where I had come to live. Through the guidance of my teachers and

through the ever-flowing Grace, I have become a more effective teacher as I have navigated the realm of "other yoga styles." Students are seeking what *Svaroopaa*® yoga offers. Our family is developing. I am able to point students to the *Freebies* on the website and encourage their interest in traveling to Lokananda.

Being a grandmum, I delight in the joy-full-ness of my grandbabies every day. I love being with them as they learn to navigate life. One moment they are bumping into their developing little-s selves and the next they are ecstatically reveling in their life experiences. I enjoy their sweet antics, as I am aware of being full from within. I have found that sadhana becomes life, enhancing life experiences at every turn.

My transformation began when I met Swamiji. She is unwaveringly effective at building the bridge from what I know and understand toward what she knows and understands. I learned there was a way to live that was very different from my experience at the time I met her. She has made it so easy and accessible for me. I can take what I need and can open to what I am ready to receive. It seems the more I take, the more I am able to receive. I have changed inside and out, and the changes continue. I cannot imagine not being on this path. I am able to enjoy the moments this life so willingly gives me, and I am ever grateful for the gift of Grace given me by my Guru, Swami Nirmalananda.

"Through the guidance of my teachers and through the ever-flowing Grace, I have become a more effective teacher as I have navigated the realm of "other yoga styles." Students are seeking what Svaroopaa® yoga offers."

Seva Is More Than You Think It Is

Devapriyaa Hills, interviewed by Matrika Gast

Devapriyaa's seva is as SVA's Seva Coordinator, supporting over 50 *Svaroopaa*® yogis in their many sevas. She begins with receiving skills surveys from new sevites and forwarding them to Swami Nirmalananda. Assistant Tirtha Richards and Devapriyaa communicate with current sevites regularly. Many sevites take on more than one position to sustain the work of spreading Swami Nirmalananda's teachings across the planet.



The range of sevite positions may surprise you, from writers and editors to yoga artists creating items for our shop and gardeners who beautify the Ashram grounds. Having served as Seva Coordinator for 3½ years, now Devapriyaa enjoys having Tirtha Richards assist her.

Devapriyaa says, "It's nice to have another person reaching out to the community with me. I have enjoyed teaching Tirtha about the seva and the sevites. Like anything, when you are teaching another person, you get unforeseen pieces for yourself."

Many sevites remark on how offering their seva keeps them in the flow of Grace. That has been true of Devapriyaa's experience along the way, as the Ashram community has grown as well as the number of sevites. She says, "The unfolding into my Self at a greater depth continues, an unexpected and somewhat mysterious process. As I am expanding on the inside, Grace supports me and opens me in ways that I didn't know would happen. Along the way, more and more shakti has unfolded from within. I feel tangible changes as well as intangible, internal blockages

being removed. What is surprising is the great depth of the inner expansion that grows with the expansion of the seva. It is an inner expansion that is beyond words. It is brought on through Grace and allows the seva to run smoothly."

"I see this process of expansion in sevites all the time. Even when they are presented with something challenging, maybe work they didn't know how to do before, or when they thought the job was beyond them, they've all come through in accomplishing what was needed. I had this experience firsthand with a group of other Ashram sevites at a B&B weekend several years ago. We had arrived at the Ashram expecting routine gardening, but Swamiji also asked us to make rhubarb jam. Some of us had canning experience with family earlier in their lives but had forgotten what to do. Yet through Google and Pinterest we found practical guidance on our task and moved from "Can't-ing" to "Canning," as described by Antaraj-na Mandel. By the end of the weekend, we had produced rhubarb jam.

"Our seva had served as a kind of magical arm of the *Svaroopaa*® Sciences to bring yogic openings into the life of each of us. This happens because life is so much about doing, about action, and as a sevite you are in action. Seva is a great teacher about how to act from a deeper, yogic space. It reliably gives me a deeper experience, wherein I am more conscious of my Self.

"With making rhubarb jam, the shakti to support the task came through once I allowed for inner space to accommodate it. I inwardly said, 'OK we're going to do this,' and then became intentional about doing it. My mind released, and the shakti supported me in acting, thus accomplishing that which my mind originally thought was impossible. Release the mind, say 'yes,' and become intentional about what needs to be done. Then you move into shakti as you serve."

Body, Bliss & Beyond

A 5-day Retreat with Swami Nirmalananda

August 17 - 21 2016

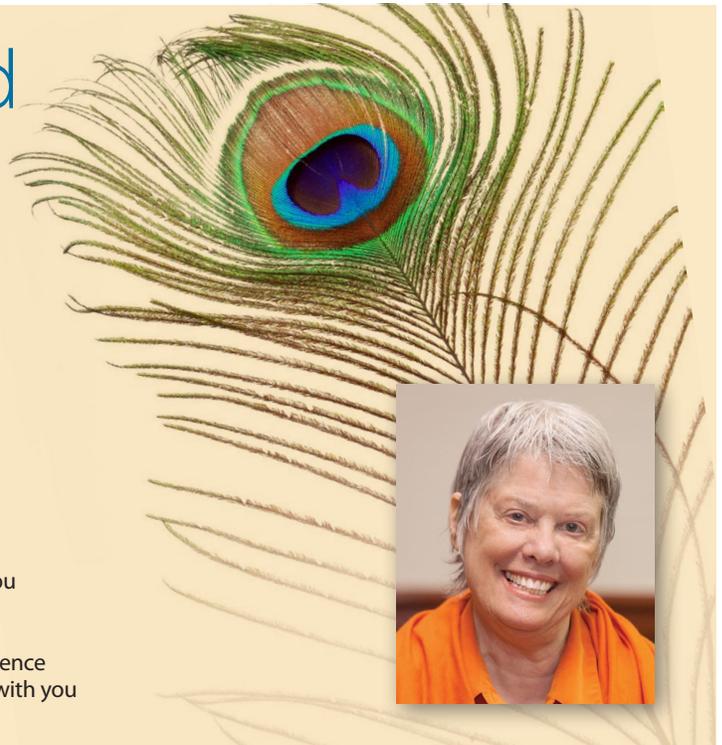
@ Lokananda | Downingtown PA

Deeper than ever before, Swami Nirmalananda uses a trifacta of yoga technologies to open up your body and mind for meditation. Five days of deep practice and profound inner experiences, this time with Swamiji is extremely rare. Swamiji and Rukmini Abbruzzi team to deepen your yoga experience:

Body Focusing on poses that support Kundalini's profound work on all levels

Mind Cultivating the transformations that make you naturally inclined toward liberation

Meditation Deepening your inner experience and learning how to carry it with you



Better, Stronger, Faster

By Devi McKenty



Devi (Elizabeth) McKenty

When I was a kid, I watched the TV series The Six Million Dollar Man. The opening sequence informed viewers, “We have the technology to make the world’s first Bionic Man. Better, Stronger, Faster.” I really wanted my own bionic implants...how cool would that be? Well, I never received bionic implants, but I did find a secret weapon: *Svaroopa*® yoga. The poses and meditation have made my mind and body better, stronger, faster. They have given me the experience of my Own Self. While I’m “better, stronger, faster,” my state is deeper, steadier and clearer...and so much more.

Our newly streamlined Yoga Teacher Training (YTT) program is Better, Stronger, Faster, Deeper, Steadier and Clearer. You get it all! Becoming a yoga teacher is easier and more accessible than ever before. Our streamlined program gives you all the information, training and experience necessary to teach yoga. It meets the standards to be certified by *Svaroopa*® Vidya Ashram (SVA) and by Yoga Alliance. This is good news for those of you who have been wanting to take YTT. It is also good news for existing teachers who would love to send their students to YTT to build the community.

The two most common reasons for not coming to YTT are time and money. A long program means yogis have to take too much time off from work, even using up all their vacation time. It’s also hard to take time away from family for an extended period. Of course, the cost also matters. If these got in the way for you or your students, get ready to come to YTT now! Time and money are no longer obstacles.

You may be wondering how YTT can be shorter, cost less, and still offer the same quality. How will it not be diluted? The reason is simple: Swamiji designed it. This is not the first time YTT has been redesigned. Swamiji has been through this process twice before. In fact, she says every 12 years she has redesigned YTT! Each time the program changes, it is to meet the needs of students. I am sure that you, Gentle Yogi Reader, would agree that every program and retreat gives you much more than what you paid for. Swamiji guarantees it every time. While the new YTT program has fewer hours, the depth remains in every aspect of the training.

Our redesigned content takes teachers to new depths within themselves. It gives new teachers the tools and practices to maintain their deeper state. From this new depth they teach their own students. There is no way students won’t be propelled deeper. Why? Because, for the first time ever in YTT, there is a Shaktipat Day. No wonder new teachers will go deeper, faster and understand the course material better. Right from the start, yogis will have tangible experiences of Grace. Not only will students be able to take in the information more fully, but they will begin teaching at a deeper level, right after Level 1. When Swamiji creates the curriculum, be prepared for results that are way beyond bionic!

The teaching themes for DTS have also been reorganized. This change matches the needs of new teachers to the needs of their students. Our new curriculum affects more than just the teachers-in-training. It is designed for their yoga students to ‘catch on fire’ more quickly as well. More yogis out there catching on fire means upliftment in the world. Thus, our newly streamlined YTT has far reaching implications. The goal

of yoga is more attainable to more people who seek the “more” of yoga.

Material taken out of YTT is being moved to new continuing education courses. These programs will bring the advanced teaching protocols in earlier, so teachers coming in for a refresher get a lot more.

Swamiji guarantees that teachers from our new YTT program will have an understanding of yoga and of their own Self that surpasses what is taught in other Teacher Trainings of other styles. Still including more poses and more personalized adjustments than other professional trainings, plus a Shaktipat Day, Swamiji has outdone herself with this new format. We have the technology to train The World’s New *Svaroopa*® Yoga Teacher: Better, Stronger, Faster...and so much more!

Streamlined! Shorter! Lower Tuition

Jump into our new Teacher Training — now quicker and more accessible. Our new Level 1 weaves strength-building poses with our signature spinal release technology for the best of both worlds.

“The training is impeccable...The flow is superb – between asanas, philosophy, anatomy and one-on-one practice. It is totally an immersion.”

—Suzanne Weirich

July 22 - 25

[EYTS Foundations Review in Downingtown PA](#)

August 6 - 14

[YTT Level 3 — NEW 7-day training in Downingtown PA](#)

August 12 - 14

[EYTS Foundations Review in Brisbane QL, Australia](#)

August 28 - September 1

[Foundations of Svaroopa® Yoga in Downingtown PA](#)

October 19 - 23

[Foundations of Svaroopa® Yoga in Lota QL, Australia](#)

November 2 - 6

[Foundations of Svaroopa® Yoga in Downingtown PA](#)

November 26 - 28

[EYTS Foundations Review in Brisbane QL, Australia](#)

November 28 - December 4

[YTT Level 1 Brisbane QL, Australia](#)

Deceptive Flexibility

Uma (Jeanne) Ormiston, interviewed by Priya Kenney



Uma (Jeanne) Ormiston

Living and teaching in Quebec Canada, Uma (Jeanne) Ormiston took the EYTS Deceptive Flexibility course last year. "It really sunk in," she says, "that with deceptive flexibility you appear to be flexible, which looks impressive. But flexibility on the outside prevents beneficial changes on the inside."

Overstretched hip ligaments mean that it's much harder to get spinal opening. When you have deceptive flexibility, your spinal muscles have to grip for you to have any stability. That increases your spinal tensions and prevents Core Opening. Uma appreciated learning how to identify deceptive flexibility by the slope of a yogi's sacrum and the extent that their feet or knees turn out. While Uma is a Certified Svaroopa® Yoga Teacher who holds several ATT certifications, she was able to further hone her teaching skills by practicing specific alignments, propping and adjustments that help deceptively flexible yogis get spinal release.

The course also reinforced Uma's understanding that deceptive flexibility can keep you from even being aware of your body. As a teacher, even when she knows the propping or alignments a deceptively flexible student needs, she often sees their resistance to it. The challenge is to work with their mind, so they accept the propping they need in order to get the spinal opening.

In her own body, Uma experienced the dramatic changes that the micro-laser-beam propping makes, even though she is a longtime Svaroopa® yogi and a highly experienced teacher. For example, in Pigeon (forward

bend), she experienced the pose reaching into some new areas. It wasn't that she hadn't been getting openings before. It was more that she had some big "ahas" when she recognized how the precise propping maximized the effects of reliable sacrum release.

Another "aha moment" was about the dramatic impact of miniscule adjustments. In partnering with a fellow student, who had hyper flexible hips, Uma was doing very careful alignments in Slow Motion Dive. Uma did one adjustment and made sure the foot alignment was correct. When she went to the other side, however, the first leg would lose the alignment, even though her partner had not moved. Uma went back and forth from one leg to the other in SloMo and couldn't figure it out. Teacher Trainer Vidyadevi Stillman saw what was going on, came over and suggested an alignment change of less than a quarter inch. "Suddenly my partner's hips stabilized and her legs and feet were aligned. That precise micro-change made all the difference," says Uma. "With deceptive flexibility, the precision is vital. That's what it took for this person to get her tailbone release."

For Uma, this course confirmed, once again, that this stuff works. "Deceptive flexibility is definitely about fine tuning, for you yourself as well as for others," says Uma. She also came to understand that "we all have at least a little deceptive flexibility in our minds." She feels that the condition is linked to wanting "to look good and impress others on the outside at the risk of remaining closed on the inside." Overall, she feels that the course was "professionally rich and personally humbling — a good thing to experience in such a supportive environment."

The next [Deceptive Flexibility course](#) will be held in Kenmore Hills QL, Australia, December 6-9 2016.

EYTS: Deceptive Flexibility

December 6 – 9 2016

Kenmore Hills QL, Australia

Unravel the spinal tension in your students who have "deceptive flexibility," overstretched joints and ligaments that keep retightening their spine. Learn specialized teaching protocols to help them heal damage they are unknowingly causing.

"It is one of the best trainings you could do to increase your aliveness in your body/mind."

— Acushla Bolger

"The information is invaluable. I know of no other style of yoga that addresses this issue in the body. It even seems as though many styles can cause deceptive flexibility. This is an amazing program."

— Eliot Hanuman Tigerlily



[Click to Register Online](#)

Sneaky Yoga

By Prakash Falbaum

I teach *Svaroopa*® yoga to support people in healing physically and spiritually. When I see and feel the Grace in their transformation, I experience that Grace within myself as well.

It all started with my first experience of *Svaroopa*® yoga in 2012. My first class cracked me open. I didn't know it at the time, but I was opened to both physical healing and spiritual awakening. I realized quickly that I could help pass this transformation on to others. The Grace took hold of me and told me that I needed to be a teacher. I had taken my first class in May; then I took Foundations in October and began to teach in January.

I had taught various fitness modalities before, but had never felt anything from that teaching. By teaching *Svaroopa*® yoga, I got an opening that is even different from my daily practices. Swamiji says, "*Svaroopa*® yoga is sneaky yoga." I thought I was teaching to bring the Grace of *Svaroopa*® yoga into others' lives, but it flowed through me and affected me profoundly. Teaching *Svaroopa*® yoga, like other *Svaroopa*® Sciences practices, can be sneaky and beneficial indeed.

Without my *Svaroopa*® yoga personal practice as well as meditation, it would have been a long time before I opened spiritually — probably not even in this lifetime. Surprisingly, teaching deepens my state, letting me know my own Self in a way I'd never expected. This profound inner expansion makes me want to help others find the Self as well.

I see a lot of people closed up just as I was. One such student of mine is clearly a seeker and has been using psychedelic drugs as an avenue. Until recently, he's talked about reaching outside for fulfillment. Now he has begun to tell me about his transformation through the poses that take him inside, into the depths he has been seeking. His experiences of this opening are vivid, clear and unique. They've got his attention. Just from coming to classes and starting a personal practice, he is finding his own Self. He is becoming steeped in his own Self. He is now registered for [Swamiji's Minneapolis satsang](#) on June 24.

It's gratifying to see students progress so dramatically. But I also have a practical reason for teaching: developing my retirement plan, which I hope is 2 years away, but could be as many as 10. While I work 40-50 hours a week in the job that supports my yoga habit, teach two classes and give a few private sessions, my yoga "employment" never feels like work. Having completed YTT Levels 1 and 2, I know I must increase and

hone my yoga skills to realize my retirement dream. I want to complete my full *Svaroopa*® yoga teaching certification but, because of my job, haven't been able to find the time to take Levels 3 & 4. So I am excited about the streamlining of YTT, now shorter as well as cheaper yet just as deep. That means I can plan for Levels 3 & 4 next year. This coming October, I will train in vichara



(guided self-inquiry), another powerful key from the *Svaroopa*® Sciences giving me amazing access to Self. In gratitude for my own healing, transformation and illumination, I look forward to offering this reliable technique of deep inner exploration to others who are seeking.

I teach Svaroopa® yoga to support people in healing physically and spiritually. When I see and feel the Grace in their transformation, I experience that Grace within myself as well.

Apple Walnut Maple Brussels Sprouts

serves 6 - 8

1 Fiji apple, cored, peeled and diced
 12 oz. Brussels sprouts, trimmed and halved lengthwise
 6 oz. veggie stock (homemade if possible)
 1 tablespoon olive oil
 6 oz. walnut pieces
 2 oz. pure maple syrup
 salt and pepper to taste
 paprika for garnish

Instructions:

Bring stock and oil to light boil in shallow pan (oven safe).
 Add Brussels sprouts and cover to steam for 5 min.
 Add walnuts, apple and maple syrup, stir to coat.
 Season with salt and pepper.
 Reduce heat to medium and allow liquid to reduce.
 Place open pan and ingredients under broiler to char lightly.
 Serve and enjoy!

योगा पुल्लोड

By Chef Anthony



On Being Fully Alive

By Yogeshwari Fountain



Yogeshwari Fountain

simply because it is happening.

You learn to get beyond your mind's habitual objections to everything, without demanding to know, "Why?" No matter what is going on, you know you're the Self so your inner state remains steady. You are fully embodied, fully enlivened Consciousness, right in the middle of all that life is bringing to you, participating fully and joyfully.

Acceptance is not a forced march with a smile pasted on your face. If you did it this way, you'd be trying to be who you think others want you to be, rather than being fully alive. Instead, you see the truth of every situation, without you needing to control it or even change it.

Fortunately all of Svaroopa® yoga's practices have been preparing you to be fully alive. From the beginning, you have learned how to lean into support, melt through your body's gridlock of fears and resistances and uncover the radiance of your Inner Divinity. By opening your spine, you have more space internally, so you live and move and feel within your Beingness. This self-luminous state arises from the inner knowing that you are more than who you think you are. You know you are the expansive self-awareness beyond your mind. In this way, you are not a human doing, you're a human being. Yet still, you tend to forget this.

Based in yoga's ancient teachings, Swamiji and Rukmini affirm this profound formula for inner knowing: "It's not about what you do, or even how much you do. Your aliveness is found in how you do it." These words struck a deep chord within me, as recently I have been struggling with a change in my work life: fewer yoga therapy clients and smaller and smaller classes.

Aren't I supposed to be filling every moment of my day? For years, I'd taken for granted higher enrollments and a very busy schedule. The sword of my mind began seeing this as a perfect opportunity to cut me down to size. Instead of relishing the opportunity to serve my current students, my mind compared things to the way they used to be (a toxic recipe if ever there was one). My mind even tried to "yogically accept" the situation, yet in the hopes that it would somehow change. In terms of surrendering, clearly I have not been "100% all in," as Swamiji says. I have not been truly accepting "everything that's happening, while it's happening, simply because it is happening." I was not being fully alive, that is, being fearless in the Self.

But one day I recognized, 'I am still the Self!' Students come and go. They change, everything keeps evolving, but my own Self never changes. The Guru lives in this state all the time, as described in the ancient texts:

"Please have a seat. Make yourself comfortable," is a common invitation when you meet with someone. Yet there is a profound teaching in it. In this moment, are you comfortable, seated in your seat, within the confines of your own skin and in your life? Rukmini and Swamiji's teachings article "Fully Alive" invites us to look into this question more deeply, saying:

Living fully means you accept everything that's happening, while it's happening,



"I am beyond the primeval, everlasting, self luminous, taintless, pure, vast space, unmoving, blissful and imperishable."

I sat with this for a while. While imbibing the Guru's Grace, I allowed myself to experience the experience of loss. It soon dissolved into a spaciousness that needed no resolution, no answers. I continue to marvel at this miraculous shift. In a recent meditation, spontaneously each of my students' faces filled the screen of my awareness. Such Bliss!

Even though I now feel more at peace, will I still come up with new marketing ideas? Of course, but they won't be driven by the familiar need, greed and fear. For now, I am enjoying having stretches of time to be with my Self, to discover "how" I am in the midst of every day, learning to be comfortable in my own seat, without having to "do something."

"Living fully means you accept everything that is happening, while it's happening, simply because it is happening." That's all there is to it. Then each moment of your day becomes yoga, as you feel the Self pulsate in every breath, every movement and thought. Swamiji recently described this as, "...letting your own Self spread into every nook and cranny of your life."

How delicious! Where can you ever go that the Self is not? This is being truly alive.

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Experience Shavasana

with Swami Nirmalananda Saraswati



Discover more about yourself in your inner explorations into the vastness of your own beingness, under Swamiji's loving guidance.

CD - Experience Shavasana

Discover more of yourself in these inner explorations into the vastness of your own beingness under Swamiji's loving guidance. The sound of her voice guides you into a deeper experience called "The Shavasana Experience."

Upcoming Programs

Click on [titles](#) for info about Programs. DYMC is **Downingtown Yoga Meditation Center**.

JULY 2016		
7 - 10	DIY: Heart Openers	DYMC
10	Swami Sunday: Free Meditation Program	DYMC
10	Half Day Workshop: Lighter and Brighter	DYMC
12	Satsang: Free Meditation Program	DYMC
14	Shree Guru Gita	DYMC
15 - 17	Shavasana Course	Boise ID
17	Swami Sunday: Free Meditation Program	DYMC
19	SATYA Marketing Call: Building Relationships	Phone
19	Satsang: Free Meditation Program	DYMC
19	Guru Purnima Satsang: Free Meditation Program	DYMC
19 - 22	EYTS Foundations Review	DYMC
21	Shree Guru Gita	DYMC
21	Meditation Made Easy	DYMC
22 - 25	EYTS Foundations Review	DYMC
23	Phone Q&A Satsang	Phone
24	Swami Sunday: Free Meditation Program	DYMC
25 - 31	YTT Level 1	DYMC
30	Free New Comers Class 1:30 - 3:00pm	DYMC
30	Free New Comers Class 3:30 - 5:00pm	DYMC
AUGUST 2016		
4	Meditation Made Easy	DYMC
6	Half Day Workshop: Improving Your Neck & Shoulders	DYMC
6 - 14	YTT Level 3	DYMC
10	Free Yoga Pain Clinic	DYMC
12 - 14	EYTS Foundations Review	Brisbane QL, Australia
13	Free New Comers Class 1:30 - 3:00pm	DYMC
13	Free New Comers Class 3:30 - 5:00pm	DYMC
14	Swami Sunday: Free Meditation Program	DYMC
14	Half Day Workshop: Commitment, Focus & Self Discipline	DYMC
16	Satsang: Free Meditation Program	DYMC
17	Half Day Workshop: Live Grace-fully	DYMC
17	SATYA Marketing Call: Target Marketing	Phone
17 - 21	Retreat: Body, Bliss & Beyond	DYMC
18	Shree Guru Gita	DYMC
21	Swami Sunday: Free Meditation Program	DYMC
23	Satsang: Free Meditation Program	DYMC
25	Shree Guru Gita	DYMC
28	Swami Sunday: Free Meditation Program	DYMC
28 - Sept 1	Foundations of Svaroopa® Yoga	DYMC
30	Satsang: Free Meditation Program	DYMC

continued on page 12

Upcoming Programs *continued*

Click on [titles](#) for info about Programs. DYMC is **Downingtown Yoga Meditation Center**.

SEPTEMBER 2016		
7	Free Intro to Yoga Teacher Training	DYMC
9	Half Day Workshop: Walk with Ease through Life	DYMC
9 - 18	YTT Level 2	DYMC
10	Satsang: Free Meditation Program - Rehoboth Beach	Rehoboth Beach DE
11	Half Day Workshop: Revive and Reboot	DYMC
16	Satsang: Free Meditation Program - San Diego	San Diego CA
18	FREE Intro call - MTT - Reawaken Your Love of Meditation	Phone
21 - 28	ATT 522: Beginner's Bliss	DYMC
26	SATYA Marketing Call: Surveys	Phone
30	Half Day Workshop: Opening to Your Self	DYMC
30 - Oct 2	Shaktipat Retreat	DYMC

2016 Program Calendar

Currently planned events & trainings and Svaroopaa® Yoga & Svaroopaa® Vidya professional trainings plus retreats with Swami Nirmalananda.

OCTOBER 2016		
2 - 6	Vichara Therapist Training	Downingtown PA
7 - 9	Radical Anatomy for Yogis	Downingtown PA
15 - 16	Svaroopaa® Yoga for Your Neck & Shoulders	Paoli PA
15 - 16	Satsangs with Swami Nirmalananda	Boise ID
16	MTT Reawaken Your Love of Meditation begins	mixed media
15 - 20	Embodiment® Yoga Therapy Training	Downingtown PA
21 - 23	Year-Long Programme Retreat	Downingtown PA
27 - 30	YTT Module #1-C	Downingtown PA
28	Satsang with Swami Nirmalananda	Buckingham PA

NOVEMBER 2016		
2 - 6	Foundations of Svaroopaa® Yoga	Downingtown PA
8 - 15	ATT 415: Leading Weekend Workshops	Downingtown PA
18 - 19	Satsangs with Swami Nirmalananda	Marlborough MA
19 - 22	Half Day Workshops	Australia
23 - 25	Foundations Review	Australia
25 - Dec 4	YTT Level 1	Australia
DECEMBER 2016		
6 - 9	EYTS: Deceptive Flexibility	Australia

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1/2 page (3.625 x 9.875 -or- 7.625 x 4.825 in.)	\$170	\$160	\$80
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