

# tadaa!

**Svaroopaa<sup>®</sup> Yoga: Experience Your Divine Self**

Volume 2 No 1

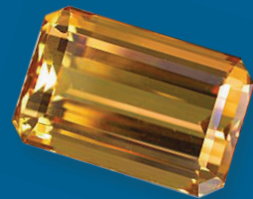
January 16, 2014

## Editorial

### **A New Setting**

By Swami Nirmalananda

I learned about gems from my Baba when He gave me a topaz. He dropped the loose stone into my hand. I melted down — it was my birthday. After a few days, I realized I needed to have the stone set. I took it to a jeweler and chose a setting but never liked the ring — it was the wrong setting for the stone. A few years later, I had another birthstone ring, but the wrong setting made it look dull. This time a jeweler told me it needed to be reset. Now it sparkles. No matter what light I'm in, it always reminds me of my Baba.



We've now reset the precious gem of our trainings and immersions in a new setting — the Desmond Hotel & Conference Center. We have spent almost three weeks teaching there and are loving it! The spaciousness in the day is tangible, with no more commuting, the ease of fresh hot meals served on china in a beautiful dining room and the extra free time at meal breaks — not to mention the always-open snack room, the outdoor garden and walking path as well as their friendly and supportive staff. It's a good move, all the way around.

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# Tadaa!

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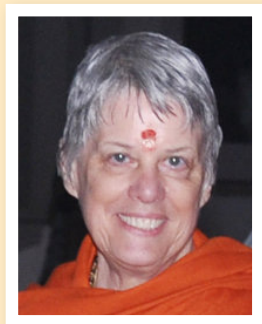
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## Editorial *continued from page 1*



Swamiji

We're also resetting the gems of your yoga stories in *Tadaa!* This issue introduces new departments, plus we've added new editors and writers in what will now be a bimonthly publication schedule. All this change is propelled by our new environment — the consolidation of Master Yoga and Svaroopaa® Vidya Ashram. The interweaving promised by tantra is happening with what

used to be two organizations, so our communications need to be restructured to match.

Yet our focus remains the same: it's all about *you*. For the last year, we've published articles about yogis' experiences and we are going to continue to do so. I hope every article makes you whisper, "Yeah, I understand that." Because you've experienced it too. Or maybe it is in your yoga-future.

OM svaroopaa svasvabhava.h namo nama.h

# Tadaa!

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# Addie Alex

By Rob Gold



Addie Alex

After four decades of yoga, Addie Alex continues to share her love of yoga for the same reasons that got her started. She was captivated in the early 1970s, which led her to teach in the first place. Now, in addition to teaching at her own studio in Holliston MA, as a member of our faculty, Addie offers *Svaroopaa*® Yogimmersion weekends throughout North America.

Addie says, "Yoga gave me something that nothing else did; it stilled me from the inside out. The natural progression was to

offer it to other people." Over the years Addie's original reasons for teaching have developed, but they haven't changed all that much. Her love of yoga and sharing it with others has grown into "a love of watching how it helps and serves people," and how she can be a conduit for that service. "I feel that I'm affecting people's lives. You can see them wanting more of the 'more' part of yoga and connecting with their own essence," says Addie.

Addie says, "I'm 64 and started my practices in my early 20's. I've been blessed to have studied with several teachers in my life, and I feel that I'm giving back what I received from all of them. It can't help being that way." In the beginning Addie was wowed by her *Svaroopaa*® yoga experiences. She wanted to study this yoga and teach from that "wow place." Initially Addie was concerned with how she was doing. Now she is more concerned with being present to serve others. "I'm interested to hear what my students and clients have to say about their experiences, what they understand, and what they want from yoga. I enjoy meeting them where they are and challenging them — that's part of serving them."

Teachers know there's more going on than we can see. That mystery continues to captivate Addie, who explains, "I don't know how the Shakti will move through and serve the person in front of me. I find it fascinating to see what the person is getting from the yoga." Addie's favorite part of teaching and working with clients is the intrigue.

"People say yoga is so subtle. But, when you tune into it, it's not so subtle! It's a delight to teach and that's what keeps me going." Sometimes Addie can still doubt whether she is really serving her students. However, she says, "After class I am reminded they get so much out of it, even if they're not articulating it. They are choosing it and letting the yoga change them and open up a whole other arena in themselves...I never know what they receive exactly."

Neither do the rest of us, at least not all the time. We are drawn to practice, to teach and to serve for our own reasons, but it's likely they sound similar to those above. Let's look forward to being just as captivated by yoga as we are now in a few decades.

"It will change you,  
leading you deeper  
into your Self."

– Kathleen Finn



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# Trust My Body?

By Yogeshwari (Melissa) Fountain



Yogeshwari Fountain

As she was introduced to The Magic Four, Debra was unable to bend her knee in Janushirshasana, so I propped her in Half Frog instead. It was a revelation. That week she joined my beginners class, while continuing to work out at her gym with aerobics and weight lifting, per her doctor's orders. "I felt I needed to maintain my gym routine, but my tailbone and left knee were in so much pain, that I decided to take a risk with Svaroopa® Yoga.

Debra walked into my free yoga demonstration four years ago. She had chronic tailbone pain, severe knee pain, and very tight neck and shoulders (she is a potter, among other talents).

This yoga did for me what physical therapy and chiropractic had not," Debra says.

By this time, Debra had begun receiving *Embodiment*® yoga therapy sessions, and was doing a daily practice of Ujjayi Pranayama. She continues to do it every morning and evening, as well as poses and meditation. But back then, even as she was beginning to feel better, Debra was still gripping her buttocks and legs while in the poses.

"I mentioned that maybe I should try hypnosis," Debra quips. "and I was challenged to go six weeks without the gym, and to replace my exercise time with yoga: private sessions, Ujjayi Pranayama and poses. This was a hard decision to make — I'd just paid my gym membership dues. But I don't regret accepting the challenge to rely on the yoga, and haven't gone back to my gym routine."

Letting go of the "known" and opening up to the "new" takes courage and commitment.

Debra has both. When she worried about gaining weight, I suggested that she trust her body to know what it needs to consume. Debra says she is now "eating less, not wanting so much and maintaining a healthy weight." Having been anxious about the intensity of Foundations course she took in 2011, after two days into it, she stopped caring about time, dispensed with her watch and began "relaxing into the process." Debra says, "Trust helped me get the full benefit of the experience."

*Svaroopa*® yoga has been life-changing for Debra. Her practices help her take time to notice, release her tense muscles, breathe deeply and turn inward. She deals with life's stresses much better, while simplifying her life as well.

"About the pain I started with: It's gone most of the time," she says. "And when it recurs, my daily practice helps it go away quickly."



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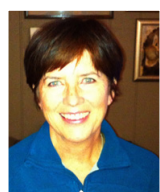
# Level 3

By Marlene Gast

Melissa Hoffman travelled from Australia to take Level 3 Teacher Training. She says, "What stands out for me are the beautiful openings I got through my upper spine. Tensions had been stored there for many years and were just sitting waiting for me to undertake this level of training. My body unfolded like the unfolding petals of the beautiful lotus flower."



Melissa Hoffman



Laurie Hislop

While travelling alone for the first time was a challenge for Melissa, Laurie Hislop says, "In trainings, getting up early is my tapas. Early on the East Coast is the middle of the night when you live in Calgary, Alberta,

Canada, as I do. But in Level 3 I wasn't even tired after lunch, but had clarity and focus. I loved learning Halasana (Plow), and I am especially grateful for my new outlook on life. At the airport, I didn't care who saw me in the quiet corner I found to practice Plow, and I just used my suitcase for propping myself in Fish as the counter pose. I listened to the Guru Gita through my flight home. Now I am more at peace with myself."

Jane Fine, who teaches in northeastern Connecticut, says, "Even as a child I was aware of feeling that the Divine is within. Because of this yoga and Swami Nirmalananda, I feel much more grounded in that knowing. I repeat mantra a lot — even in housework. In Level 3 I got a lot of tailbone and sacrum opening, which translated into opening my neck and shoulders. In Rag Doll, I noticed blockage in my lower spine. Focusing on feeling each vertebra, yet not completely able to do so, I understood that I can feel something is or is not happening; that in itself is a great experience as is being with Vidyadevi, Karobi and Polly — such wonderful, experienced Teacher Trainers. They know how to give the feedback you need and how to help you.

"In this training I saw more clearly how this opening supports the spiritual experience. When you are on a spiritual journey, finding

the community that works for you is so important as well. I brought all this back home. Level 3 has made it easy to bring ease into my life. Now I am both more grounded and more 'spiritually aware', which can lead one to feel a sense of floating!"

Kristine Curran found Level 3 to be the best training so far, even though she had to drive to Pennsylvania alone since her friend and teaching colleague in Massachusetts had to cancel because of family responsibilities. "Yet," says Kris, "the community of other teachers-in-training was great. Still, missing the conversations I'd shared with my friend in previous trainings, I found that the deeper forward bends, which are poses of surrender, allowed me 'to settle into what is'. I greatly enjoyed Karobi's lectures, through which I learned that emotions, just like thoughts, are just part of my mind, and I can go beyond my mind. So I practiced Ujjayi at lunch time daily as well as japa throughout Level 3. I felt calm and centered:

"After many years of training and teaching, I suddenly became aware of what it means to be in your body. On the last day I felt circulation getting into my brain, feeling both energetic and clear headed. There was a shift; I wonder whether Level 3 has started to ground me more. Before, I always wanted the lightning bolt of change. 'Kundalini takes time', said Swamiji in her talk. I realize I haven't been giving Kundalini time; I have to be patient. When I returned home, my friend noticed that I'm making decisions from a different perspective; I am more open to subtlety."

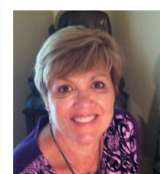
A professional gardener as well as *Svaroopa*® yoga teacher in Virginia, Robyn Burke has long found that her strong daily practice of *Svaroopa*® yoga prevents or soothes the body aches and pains that come from working hard physically, including digging holes. Even so, Robyn found Halasana (Plow) challenging. "It was getting my legs over my head," she recalls, and notes, "This pose can be claustrophobic. Definitely, it was a significant fear factor for lots of us. But our Teacher Trainers prepared us physically as well as mentally for the Level 3 inversions. Rag Doll helped prepare us, cultivating the needed spinal flexibility, and our Teacher Trainers set us up well psychologically. They were so encouraging, and, well, Karobi just didn't take 'no' for answer!

"Everyone did Plow, and the accomplishment felt like getting the gold star in first grade. It

was such fun to see everyone excited. We were told, 'If you do Plow every day, it will change your life.'" Like Kris, Robyn says she is noticing "subtle differences, being more grounded, more assertive, more focused." She says as well that her "spine feels great — it's the most wonderful thing to have gone through this training and retain the sense of feeling every vertebra of my spine, as I roll down from Plow."

Five months ago, Lisa Brown inherited the leadership of the *Svaroopa*® yoga community in Sacramento CA, as the leading teachers there moved away. Lisa explains, "The existing yoga community, and a willingness to step up and serve, propelled me to take Level 3. Even though I came home from Level 3 feeling the exhaustion from the last nine months, when I took on the studio, and now teaching eight weekly classes, Level 3 was a huge step in growth. My idea of personal identity has shifted. I feel more centered. The tone of my 'teaching' voice has changed, and things come out of my mouth that I didn't expect. 'Oh that's cool' I think.

"My intention is to cultivate our existing, healthy community to be able to support multiple teachers. I look forward to marketing to bring in new students, and fostering a growing population of teachers, including bringing Foundations to Sacramento to encourage new teachers and substitute teachers. I have a better sense of myself and the direction I want to take with my teaching."



Kathy Gardner

At the beginning of YTT, when Kathy Gardner heard this is the year of the Plow, she didn't know what to expect, because she'd never experienced the pose before. But now it's part of her daily practice, and it's making

huge changes. "When I open my spine and then go into Plow, I'm liking it! I am able to move from stage 1 into stage 2, pulling the chair from under my legs," says Kathy. She remembers Devi McKenty's encouragement, "There will be days when you can do the pose, and days when you can't, but it's about making the effort to try."

Kathy says, "Since returning home from Level 3, my husband and I have had to travel every

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## Level 3

*continued from page 5*

weekend. It's the chaos of the holidays — visiting our children to see our grandchildren in holiday pageants. But there's a peace about it — it's all just unfolding, and the classes I teach are falling into place in my neighborhood. The Universe is opening. Adding Plow to my practice has made this change!"

A college interior design teacher as well as a *Svaroopa*® yoga teacher in Montreal, Susanne Koltai has been practicing *Svaroopa*® yoga for more than 15 years. But, she explains, she was always reticent about doing inversions, particularly Plow. In 2001 Susanne had brain surgery; her neck and head are fragile and tight. Yet she was able to learn the pose, and now does it at home comfortably. Susanne credits this success with the supportive way in which Plow was taught. "First," says Susanne, "the previous days of training and spinal opening prepared our bodies. Then three students formed each partner group, with one reading the instructions and one guiding and watching as the third partner went into Plow. Teacher Trainers close at hand watched as well. In my group I went first, feeling completely supported by my peers as well as my Teacher Trainers. I felt such a sense of pride and accomplishment. At home I've been doing it step by step on my own. First I asked my husband to spot me — just watch as I went into Plow. Now I am doing it on my own, alone."

Echoing her classmates, Susanne concludes, "Level 3 takes you to a whole new level in terms of your own practice. You go very deep, you feel the strength of your body. Even Fish, originally difficult and challenging, is now easy for me. My body feels stronger, my head is clearer, and life is easier. A certain energy happens in all your trainings. They are always filled with special people, but this group glowed. Plow is a genuinely challenging pose. We encouraged each other to do it. We did it. We shared our sense of elation. And I came back to the college chanting in the hallways as I made my way to classes!"

## COMMUNITY

# Face-to-Face

**By Karuna (Carolyn) Beaver**

The Universe is constantly changing. The expansive energy of the Universe, Consciousness, constantly contracts into myriad forms, including each of us, that interact and evolve and adapt, creating more change. Change is thrilling. Yet to stay on an even keel, change must be effectively managed.

Your yoga organization, or more accurately, the people who steer its course, has been doing yeomen's work in managing the consolidation of two organizations into one. We have all been asked to set sail — to be participants in the process. There have been surveys, emails, phone calls, all with the purpose of being in communication with those whom the organization serves: you!

Our most recent communication is still underway. Master Yoga Board members have been crisscrossing the world to meet with GeoCenter members, to gather input, answer questions, take suggestions and concerns back to the Board. Peter Gallagher traveled the farthest, going to Australia to meet with Svaroopis there. Earlier, Peter started his GeoCenter meetings at our October Conference, Alignment with Grace, meeting with Chicago GeoCenter members.

Maitreyi (Margie) Wilsman, of Verona WI, attended that meeting and was impressed with Peter's breadth of knowledge. "People asked Peter a lot of great questions, and he answered every one of them to their satisfaction. I was amazed at the depth of his

knowledge. He has a financial background, and a lot of the questions were related to the finances around the merger; but the ones that weren't financial he answered well too."

Board member Saguna (Kelly) Goss met with Rehoboth Beach GeoCenter members in late October. Saguna says, "Because there have been quite a few changes, and we're in the midst of more changes, we want to be in relationship with our community — *Svaroopa*® yoga teachers, that's who we serve. We wanted to be in the community face-to-face, to be in their presence to support them, answer questions, clarify any confusion, hear their great news and also their frustrations or suggestions."

Teachers did express concerns about some of the changes going on. "It was beautiful to see this expression, see the exchanges back and forth, to be able to talk openly and frankly. The meeting provided the space for the teachers to open up. And I had the opportunity to provide the Board's perspective," Saguna says.

Mati (Sandy) Gilbert organized the Rehoboth meeting. "Saguna coming to Rehoboth let the attendees know Master Yoga cares. It also helped some of us to understand the two becoming one a little better," she says.

The Board has had feedback that some yogis feel "over communicated with." Maitreyi says, "I don't think you can communicate enough. People like to know what's going on." Saguna adds, "Board members are available to talk with any teacher any time — you don't have to be a member of a GeoCenter. If you have

comments, suggestions, or feedback of any kind, we are here, and we'd be more than happy to talk. We're still available! We care!"

## yogic art by Sarvataa Christie



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## Inspired to Give By Rob Gold

Why give? More specifically, why give monthly to support the Ashram and/or Svaroopa® yoga? For Robin Blankenship, who became a monthly donor in response to the recent Yogic Heart fundraiser, it was the “least she could do.” Robin cites that “there’s just so much” that she gets from Svaroopa® yoga and Swami Nirmalananda, from her regular participation in programs offered online and in-person.

Dakshina is the ancient practice of supporting your teacher and the teachings. This practice is one that Swamiji regularly invites the Svaroopa® yoga and meditation community to participate in. Robin “tries to do all the practices,” so she is happy to have recently added this one. It aligns with her “commitment and support to Svaroopa® Vidya Ashram, to Svaroopa® yoga and to her Guru.” Robin considered donating a year’s worth in a lump sum, but felt that monthly donations are supportive on a continuing basis, like her yoga practice, and is one way to show her continued gratitude.

Another monthly donor, Chris Peppell, made his first donation to the Ashram before meeting Swami Nirmalananda, admitting that it felt “a little strange.” He had attended Teacher Trainings prior to the Ashram’s inception. When Swami founded Svaroopa® Vidya Ashram, he felt “compelled” to donate because he got so much out of the poses. He wanted to be a part of supporting Swamiji and making the teachings available to others. He’d been making donations when attending Downingtown meditation programs, but noticed he was getting “more and more” each time he came, so he added a second monthly donation that directly supports Swami Nirmalananda. “The more you spend time with her, the more open you are and the more you want to give. And you see so much more what she is giving you; you want to give back. It’s all connected.”

The teachings and the Grace that flow through the teachings connect us all and change our lives in such beautiful ways. We do yoga because we love it. But we may not always remember how it has touched our own lives. Can you imagine life without Grace, or Ujjayi Pranayama, sacrum presses or Knowing the Self? Where would you be now if you hadn’t found Svaroopa® yoga? You got here because of your yearning, whether you know it or not. By supporting our teachers through dakshina, we ensure the teachings are available to us and everyone else. What could be better than that?

## UPDATE

## The Essential Element By Marlene Gast

Your donations, motivated by your generous yogic hearts, have totaled \$20,399. With deep gratitude and joy, we can also announce an increase in monthly donations. This steady and generous flow of donations is “dakshina,” the yogic practice of supporting the source of the teachings that mean so much to you as a yogi.

Dakshina literally translates as a cow able to calve and give milk, according to the [Sanskrit online dictionary](#). In ancient times, as described in the *Rigveda*, villagers supported their teacher with the gift of a prolific cow. What a wonderful, nourishing image! The teacher never goes hungry. The villagers thus ensure their teacher is sustained, and can provide the lifelong instruction in the principles and practices of yoga that nourishes them on all levels. In this way, your 2013 Thanksgiving donations are sustaining the blossoming of Svaroopa® yoga and meditation, in 2014. You are nurturing that which you cherish.

Spreading across the planet, your village is virtual. At the center of our community, Swami Nirmalananda serves as the source of teachings that stream out through our Teacher Trainers and on through local Svaroopa® yoga and meditation teachers, and Meditation Group Leaders. With every donation that you make, you support this whole, wondrous village — and ultimately your own healing, transformation and illumination. Together, all of us support the expansion of Consciousness through the unswerving avenues of the ancient teachings. Your donation and commitment support the organization,

which supports Swami Nirmalananda as well as our Teacher Trainers and administrative staff in bringing these teachings into the world.

You are the essential element that completes our worldwide, virtual village. It is you, centered in your yogic heart; you are precious and indispensable. In the words of SVA Board President Amala Cattafi, “You are more precious than gold.” Your presence in the virtual village of the Svaroopa® yoga and meditation — your yogic heart — is vital in sustaining these teachings in the world today. Thank you for being here now!

## Continuing Education

*Your students get more from your teaching when you are deepening your yoga. Maintain your current standing and enjoy the full benefits of SATYA membership. Choose from these upcoming courses—choose two and get a discount!*



Jan 4 – 8	<a href="#">ATT 201: Teaching Half Day Workshops</a> in PA
Jan 19 – 23	<a href="#">Foundations of Svaroopa®</a> Yoga in PA
Jan 24 – 26	<a href="#">EYTS Foundations Review</a> in MA
Jan 26 – 28	<a href="#">Experiential Anatomy</a> in PA
Jan 28 – Feb 2	<a href="#">Embodiment® Yoga Therapy Training</a> in PA
Jan 29 – Feb 2	<a href="#">Foundations of Svaroopa® Yoga</a> in MN
Feb 14 – 16	<a href="#">EYTS Foundations Review</a> in PA
Feb 16 – 18	<a href="#">Embodiment® Weekend</a> in PA
Mar 7 – 16	<a href="#">YTT Level 2</a> in Brisbane, AUS
Mar 19 – 23	<a href="#">Foundations of Svaroopa® Yoga</a> in PA
Mar 19 – 23	<a href="#">ATT 201: Teaching Half Day Workshops</a> in Brisbane, AUS

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# Conference & Shaktipat

By Priya Kenney

This year's Conference was my first. Experiencing the Grace of the Guru amidst our big kula (family) was ecstatic. Swamiji's talks and powerful presence pulled me deeply into the knowing of Consciousness. During the Ashram track's two-hour meditation, everything fell wide open. I knew who I Am. Muktananda's photo was vibrating. When Swamiji led the Mt. Kailasa chant of Om Namah Shivaya during the last satsang, I melted into that sweet sound river of the Self.

After this bliss bath, I went to the Shaktipat Retreat, already suffused with Grace. Yoga's fire burned even more brightly and I was aware of the shaktipat "burning up the muck of my karmas" as promised in the Guru Gita. I experienced the power of the Guru principle in full throttle. Swamiji's presence melted the veil — never have I experienced such contagious openness of what lies within. In deep recognition of what the Guru was bringing us, yogis pranamed<sup>1</sup> fully before Swamiji. I joined the grateful grasping of the Guru's feet and melted even more. It was nearly impossible to pull myself off the floor.

Daya Ma (Amanda) Ahern enrolled too late for the Teacher track at the Conference, so did the Yoga Weekend track (focusing on poses) "for the pure joy of it." She especially loved the Warrior Vinyasa class and has incorporated one of the poses into her daily practice. Both she and her grateful students are benefiting from her new perspectives on poses that she already knew. Daya Ma described Swamiji's Conference satsangs as "food for the soul."

"After so much yoga," says Daya Ma, "it was perfect to just sit with Swamiji and receive the Grace" at the Shaktipat Retreat. The

experience was enriched by the presence of many yogis who were on the 2013 India trip. That reunion nourished Daya Ma, and the relationships deepened even more. Since returning home to Australia from India, Daya Ma feels "more grounded and connected to my Self and more accepting and honoring of my limitations rather than overriding my feelings to meet an ideal of how I should be." Both events left her feeling more connected to the yoga community in the USA. "I really would like to come and stay for awhile," said Daya Ma. "Every day I feel immense gratitude for the gift of Swamiji and this yoga, these teachings and the Grace that flows in my life. I am truly blessed."

Kriyaa (Chris) Godfrey had been to three Shaktipat Retreats before this one. She also did the Yoga Weekend track at the Conference, and enjoyed being taught by Svaroop® yoga's most experienced teachers. "Seeing so many people who were on the India trip made it feel like a homecoming," said Kriyaa. "I was with my fellow travelers on the path; that is more and more where I long to be." Spending time with Swamiji is very special to Kriyaa — Swamiji always says something that speaks directly to her.

The Conference asana and chanting opened Kriyaa to receive a greater flow of shakti, and she felt more available to the Shaktipat experience. Kriyaa described that the third transmission of Shaktipat felt strongest to her. "Great energy rushed up from my feet to the top of my head. This was aided, in part, by an outburst from someone behind me. I began the session with hip pain and ended without it."

She has a new understanding about how her physical pain is inextricably linked to the flow of shakti. "If I don't cooperate with the opening provided by Shaktipat," said Kriyaa, "the consequences can be difficult. I have been told this, of course, but this time I really learned it. No skipping the Magic 4!"

Back at home, Thanksgiving was more manageable this year than usual, despite more chaos. "I've never hosted a dinner for 18 before," said Kriyaa. "To my astonishment, I actually enjoyed the day. I talked to people and heard what they said instead of my mind jumping ahead. I was present and didn't even overeat!"

Jyoti (Rebecca) Yacobi has done several Shaktipat Retreats and found this one especially powerful. The Yoga Weekend track brought her attention inward and prepared her for Shaktipat's deep inner immersion. "It felt like more dimensions of my Being were touched and affected by Shaktipat," said Jyoti. "The effects are still reverberating — the core is being purified, cleansed and opened beyond the depth of the physical world, to discover the familiar, to touch the subconscious knowing and have a taste of what is even beyond that." Jyoti experienced Shaktipat burning through the bound energy in her being. "It's not the doing, but rather the undoing — the letting go of all the identities, surrendering to the fire of yoga until all that remains is the Self, satcitaananda."<sup>2</sup>

<sup>1</sup> Bowing at the Guru's feet, an optional devotional practice enjoyed by many yogis. Swami Nirmalananda says, "I lived with my Guru for 7 years and could bow at his feet every day."

<sup>2</sup> Sat = Beingness; cit = Knowingness; aananda = Bliss-Absolute



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# Experience + Understanding = Wisdom

Excerpts from **"Wisdom,"** Swami Nirmalananda's March 1999 article reprinted in [Yoga in Every Moment](#)

In yoga, we cultivate understanding and experience simultaneously.

In class, the teachers often ask you to notice the differences in your body after a pose, and even to describe them. By putting words to your experience, you develop your understanding.

The teachers may say things like, "This is good for your spine. Can you feel it lengthening?" Then you go looking for it in your own body, and you are putting understanding and experience together.

The fullest expression of Wisdom is the simultaneous experience and understanding of Consciousness.

The Wise One lives in the knowing and experience of, "I am the Self; divine Consciousness is my essence."

The teachings of yoga come from countless generations of such Masters, to help us know that this is inside each of us.

The practices help us find the experience inside.

This combination of understanding and experience is True Wisdom.

It is your destiny!

## BECOMING MYSELF

# Sharing Meditation

By Karuna (Carolyn) Beaver

The yogis registered for our upcoming Meditation Teacher Training (MTT) are diverse and dedicated: dedicated not only to serving their yoga students, but to deepening their own meditation experience.

Uma (Jeanne) Ormiston, from La Peche Montreal, Canada, is a long-time *Svaroopa*® yoga teacher. Attending a Shaktipat Retreat and ATT Twists "propelled my yearning for meditation, so I began sitting for longer periods and having deeper experiences. It's time!" She says it's time for her to take the training because "meditation quenches an inner thirst."

A relatively new teacher, Jyoti (Judith) Kenney, from Santa Rosa CA, says she gets "so much from meditation, I want to be able to pass that opportunity along to others. You would not believe how many people ask me how to meditate. I love sharing what I love with others."

Mati (Sandy) Gilbert, from Rehoboth Beach DE, already took MTT, but did not go on to teach meditation classes. "I understood all that was taught to me. But it was hard for me to put it into my own words," she says. "Hopefully the teachings I have had over the years will make this easier for me." She appreciates that there are now continuing education requirements for meditation teachers, so she can continue to learn and to pass along that knowledge to her students.

Another long-time teacher, Sheynapurna (Sandy) Peace from Rancho Bernardo CA, says, "MTT used to scare me. Meditation took several years to establish," and, like Uma, now the timing is right. "My meditations are well established, I retire at the end of 2014 — it is time!"

What are these meditation-teachers-to-be expecting their experience to be like? Joyti says, "I am wide open. I expect a great adventure." Uma adds, "I am approaching MTT with both excitement and apprehension, because a 12-day training is bound to bring out both the bliss and the debris."

Sheynapurna adds, "I hope to receive a deeper understanding of my Self/self, a greater awareness of my students' needs, and tools through which we all can grow. Several meditation teachers have expressed that this was the best course they've ever taken — which is saying a lot, considering the quality of offerings from Master Yoga/Svaroopa Vidya."

She adds, "I would like my students to become aware that we all have crazy mobile minds and that there are tools to help them learn to love to meditate. Activists try to change the world in their own outward way. I would like to help the world change through rising consciousness."

"I pray that when I finish my training, I will feel the touch of grace I need to step into the flow of Grace and share what I have been taught," says Joyti.

Uma adds, "I've always believed in the power of *Svaroopa*® yoga. Through MTT, I'll learn how to share another profound practice with students and continue to deepen my own experience through teaching. My students have commented that every time I attend a training intensive, they reap the benefits; when I go deeper, they go deeper."



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Click on titles for info about Programs. DYMC is **Downingtown Yoga Meditation Center**.

# Upcoming Programs

January 2014		
19	<a href="#">Swami Sunday</a> 8:30 am – 12:15 pm	Swamiji at DYMC
19 – 23	<a href="#">Foundations of Svaroopa® Yoga</a>	Janaki Murray at The Desmond Hotel
21	<a href="#">Meditation Made Easy</a> 7:30 – 8:30 pm	Vidyadevi at DYMC
23	<a href="#">FREE Q&amp;A Phone Satsang</a> 10:30 am – noon (Eastern Time)	Swamiji in phone conference call
23	<a href="#">Shishya Guru Gita</a> 6:30 – 8:00 am (Eastern Time)	Swamiji
24 – 26	<a href="#">Shaktipat Retreat</a>	Swami Nirmalananda at The Desmond Hotel
25	<a href="#">Sri Guru Gita</a> 6:30 – 8:00 am	Swamiji at The Desmond Hotel
26	<a href="#">Sri Guru Gita</a> 6:30 – 8:00 am	Swamiji at The Desmond Hotel
26 – 28	<a href="#">Experiential Anatomy</a>	Vidyadevi & Karobi at The Desmond Hotel
28 – Feb 2	<a href="#">Embodiment® Yoga Therapy Training</a>	Vidyadevi & Karobi at The Desmond Hotel
29 – Feb 2	<a href="#">Foundations of Svaroopa® Yoga</a>	Bhakta & Kamala in St. Paul MN
29	<a href="#">I Am Shiva</a> call #3 7 – 8:30 pm (Eastern Time)	Swamiji
30	<a href="#">Shishya Guru Gita</a> 6:30 – 8:00 am (Eastern Time)	Swamiji at DYMC
30	<a href="#">Meditation 101</a> (1 of 3 classes) 7:00 – 9:00 pm	Swamiji at DYMC
February 2014		
2	<a href="#">Swami Sunday</a> 8:30 am – 12:15 pm	Karobi at DYMC
4	<a href="#">Meditation Made Easy</a> 7:30 – 8:30 pm	Swamiji at DYMC
5	<a href="#">Shishya Phone Satsang</a> 10:00 – 11:00 am (Eastern Time)	Swamiji Phone Conference Call
6	<a href="#">Shishya Guru Gita</a> 6:30 – 8:00 am (Eastern Time)	Swamiji
6	<a href="#">Meditation 101</a> (2 of 3 classes) 7:00 – 9:00 pm	Swamiji at DYMC
7 – 9	<a href="#">The Shavasana Course</a>	Vidyadevi in RI
9	<a href="#">Swami Sunday</a> 8:30 am – 12:15 pm	Swamiji at DYMC
10	<a href="#">I Am Shiva</a> article #4	Swamiji
11	<a href="#">Satsang</a> 7:30 – 9:00 pm	Swamiji at DYMC
13	<a href="#">Shishya Guru Gita</a> 6:30 – 8:00 am (Eastern Time)	Swamiji at DYMC
13	<a href="#">Meditation 101</a> (3 of 3 classes) 7:00 – 9:00 pm	Swamiji at DYMC
14 – 16	<a href="#">EYTS Foundations Review</a>	Devi McKenty at The Desmond Hotel
16	<a href="#">Swami Sunday</a> 8:30 am – 12:15 pm	Swamiji at DYMC
16 – 18	<a href="#">EYTS Embodiment® Weekend</a>	Karobi at The Desmond Hotel
18 – Mar 2	<a href="#">Meditation Teacher Training</a>	Swami Nirmalananda at The Desmond Hotel
22	<a href="#">I Am Shiva</a> audio #4	Swamiji
22	<a href="#">Meditation Made Easy</a> 3:00 – 4:00 pm	Karobi at DYMC
27	<a href="#">Shishya Guru Gita</a> 6:30 – 8:00 am (Eastern Time)	Swamiji

continued on page 11

## Advertise with Tadaa!

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Full page (7.625 x 9.825 in.)	\$310	\$300	\$290	\$100

March 2014		
1 – 2	<a href="#">Svaroop® Yoga for your Neck &amp; Shoulders</a>	Karobi in Brisbane, AU
2	<a href="#">Swami Sunday</a> 8:30 am – 12:30 pm	Karobi in Australia
5	<a href="#">I Am Shiva</a> call #4 7 – 8:30 pm (Eastern time)	Swamiji
6	<a href="#">Sri Guru Gita</a> 6:30 – 7:45 am	Swamiji at DYMC
7 – 16	<a href="#">YTT Level 2</a>	Vidyadevi & Karobi in Brisbane, AU
9	<a href="#">Swami Sunday</a> 8:30 – 12:15 pm	Swamiji at DYMC
11	<a href="#">Satsang</a> 7:30 – 9:00 pm	Swamiji at DYMC
12	<a href="#">FREE Q&amp;A Phone Satsang</a> 3:00 – 4:30 pm (Eastern Time)	Swamiji in phone conference call
15	<a href="#">Guru &amp; Self</a> FREE Intro call 4:30 – 6:00 pm (Eastern Time)	Swamiji
18	<a href="#">I Am Shiva</a> article #5	Swamiji
18	<a href="#">Satsang</a> 7:30 – 9:00 pm	Swamiji at DYMC
19 – 23	<a href="#">ATT 201 Teaching Half Day Workshops</a>	Vidyadevi & Karobi in Brisbane, AU
19 – 23	<a href="#">Foundations of Svaroop® Yoga</a>	Tish & Devi at the Desmond Hotel PA
20	<a href="#">Sri Guru Gita</a> 6:30 – 7:45 am	Swamiji at DYMC
21	<a href="#">Shishya Phone Satsang</a> 9:30 – 10:30 am	Swamiji in phone conference call
23	<a href="#">Swami Sunday</a> 8:30 – 12:15 pm	Swamiji at DYMC
24 or 25	<a href="#">Guru &amp; Self</a> article #1	Swamiji
25	<a href="#">Satsang</a> 7:30 – 9:00 pm	Swamiji at DYMC
26	<a href="#">Meditation 101</a> (1 of 3 classes) 7:00 – 9:00 pm	Swamiji at DYMC
28	<a href="#">I Am Shiva</a> audio #5	Swamiji
28 – 30	<a href="#">Shaktipat Retreat</a>	Swami Nirmalananda in Calgary, AB

## Parsnip & Apple Soup

2 tablespoons ghee  
 5 cups parsnips, peeled & chopped  
 3 cups Fuji apple, peeled & chopped  
 1½ cups chopped onion  
 2 teaspoon ginger, peeled & grated  
 1½ teaspoon ground coriander  
 ½ teaspoon ground cumin  
 ½ teaspoon salt  
 ¼ teaspoon white pepper  
 2 garlic cloves, minced  
 3 cups veggie stock  
 2 cups water  
 1 teaspoon cider vinegar  
 ½ cup plain lowfat yogurt  
 2 tablespoons parsley, chopped

योगा पुस्तक

By Jennifer Saville, Ashram Chef

### Instructions:

Melt the butter in a large saucepan over medium-high heat. Add parsnip and next 8 ingredients (through garlic); sauté 8 minutes. Add stock, 2 cups water, and vinegar; bring to a boil. Cover, reduce heat, and simmer for 30 minutes or until parsnips are tender. Remove from heat; uncover. Let mixture stand 10 minutes.

Place half of the parsnip mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Strain the mixture through a sieve into a bowl, and discard solids. Pour into a large bowl. Repeat procedure with remaining parsnip mixture. Top each serving with 1 tablespoon yogurt. Sprinkle evenly with parsley.



Plan your trainings for the coming year with this calendar.

JANUARY 2014		
12 – 18	<b>Svaroopa® Sutras Teacher Training Retreat</b>	The Desmond Hotel
19 – 23	<b>Foundations of Svaroopa® Yoga</b>	The Desmond Hotel
24 – 26	<b>Shaktipat Retreat</b>	The Desmond Hotel
26 – 28	<b>Experiential Anatomy</b>	The Desmond Hotel
28 – Feb 2	<b>Embodiment® Yoga Therapy Training</b>	The Desmond Hotel
28 – Feb 2	<b>Foundations of Svaroopa® Yoga</b>	St. Paul MN
FEBRUARY 2014		
7 – 9	<b>The Shavasana Course</b>	Rhode Island
14 – 16	<b>EYTS Foundations Review</b>	The Desmond Hotel
16 – 18	<b>EYTS Embodiment® Weekend</b>	The Desmond Hotel
18 – Mar 2	<b>Meditation Teacher Training</b>	The Desmond Hotel
MARCH 2014		
1 – 2	<b>Svaroopa® Yoga for your Neck &amp; Shoulders</b>	Australia
7 – 16	<b>YTT Level 2</b>	Australia
15	<b>FREE Guru &amp; Self</b>	intro phone call
19 – 23	<b>ATT 201: Teaching Half Day Workshops</b>	Australia
19 – 23	<b>Foundations of Svaroopa® Yoga</b>	The Desmond Hotel
25	<b>Guru &amp; Self begins</b>	Multi-Media
28 – 30	<b>Shaktipat Retreat</b>	Calgary AB, Canada
APRIL 2014		
4 – 13	<b>YTT Level 2</b>	The Desmond Hotel
14 – 19	<b>Svaroopa® Yoga &amp; Meditation Retreat</b>	The Desmond Hotel
18 – 20	<b>Stay Open in Life</b>	Oregon
25 – 27	<b>EYTS Foundations Review</b>	The Desmond Hotel
25 – 27	<b>Gateway of Your Heart</b>	Virginia
27 – 30	<b>EYTS Teaching Without Props</b>	The Desmond Hotel
30	<b>Meditation Teacher Upgrade begins</b>	Multi-Media Course
MAY 2014		
1	<b>Discovering Your Own Self begins</b>	Phone Course
2 – 9	<b>EYTS Teaching at Yoga Conferences</b>	The Desmond Hotel
16 – 25	<b>YTT Level 4</b>	The Desmond Hotel
30 – June 1	<b>Shaktipat Retreat</b>	The Desmond Hotel

JUNE 2014		
2 – 9	<b>ATT 411: Upper Spinal Release</b>	The Desmond Hotel
11 – 13	<b>EYTS Foundations Review</b>	The Desmond Hotel
13 – 22	<b>YTT – Level 1</b>	The Desmond Hotel
20 – 22	<b>Shaktipat Retreat</b>	Centerville MA
25 – Jul 2	<b>ATT 531: Abdominals</b>	The Desmond Hotel
JULY 2014		
7 – 9	<b>EYTS Enliven &amp; Advance: Level 1</b>	The Desmond Hotel
11 – 13	<b>I Am Shiva Retreat</b>	The Desmond Hotel
11 – 13	<b>Svaroopa® Yoga &amp; Meditation</b>	Idaho
14	<b>Purposeful Living begins</b>	Phone Course
16 – 20	<b>Foundations of Svaroopa® Yoga</b>	The Desmond Hotel
AUGUST 2014		
8 – 10	<b>Experiential Anatomy</b>	The Desmond Hotel
10 – 15	<b>Embodiment® Yoga Therapy Training</b>	The Desmond Hotel
15 – 17	<b>Shaktipat Retreat</b>	The Desmond Hotel
17 – 21	<b>Svaroopa® Yoga &amp; Meditation Retreat</b>	The Desmond Hotel
22 – 26	<b>Meditation Group Leader Training Retreat</b>	The Desmond Hotel
SEPTEMBER 2014		
3 – 5	<b>EYTS Foundations Review</b>	The Desmond Hotel
5 – 14	<b>YTT Level 1</b>	The Desmond Hotel
15	<b>Sutras: From Here to THAT</b>	Phone Course
17 – 21	<b>Foundations of Svaroopa® Yoga</b>	The Desmond Hotel
19 – 27	<b>Meditation Teacher Upgrade Retreat</b>	The Desmond Hotel
28 – Oct 5	<b>ATT 262: Yoga Therapy — Treating Pain</b>	The Desmond Hotel
OCTOBER 2014		
10 – 19	<b>Swamiji on tour Australia</b>	
10 – 19	<b>YTT Level 3</b>	The Desmond Hotel
24 – 26	<b>Guru &amp; Self Weekend Retreat</b>	The Desmond Hotel
NOVEMBER 2014		
2 – 9	<b>ATT 402: Deeper Practice</b>	The Desmond Hotel
14 – 16	<b>Weekend Workshop</b>	Warren MA
15 – 16	<b>Slow Down!</b>	Dekalb IL
DECEMBER 2014		
5 – 14	<b>YTT – Level 2</b>	The Desmond Hotel