



It is the objective of this Ashrama to disseminate the Teachings of
H.H. Swami Sivananda Maharaj
according to H.H. Swami Venkatesananda Maharaj

July - October 2017

Update from Sri Yogeshwari Mataji

Dear Friends,
Hari Om. Loving greetings to
all.

Guru Purnima 9th July

This year, despite being a cold, wet morning, the meditation room was full of eager initiates bright and ready at 5am, to commemorate Guru Purnima. After meditation with appropriate readings and chants, all were invited for breakfast.

At 9am the programme commenced with Guru Puja conducted by Swami Vidyanandaji. Then a discourse with a song dedicated to all Gurus was offered by myself. Lunch was served in a warm, glowing atmosphere of love and gratitude!



Sri Swami Sivanandaji's Mahasamadhi was commemorated very beautifully on 18th July. Guru Krishna conducted the puja with much devotion. At the end of the Satsang Swami Vidyanandaji gave commentary on the first few of the

108 names of Gurudev. Perhaps some may not know that Mahasamadhi is a conscious exit from the body when it has fulfilled its use as an instrument in this world-play.

On 23rd July Swami Vidyanandaji gave an interesting workshop introducing Ayurveda, the Science of Life. Ayurveda is well worth studying, as it is the art of living within the realm of Dharma, righteousness, and includes healthy living. As Ayurveda is the Science of Life, it is a very meaningful teaching.

On July 25th Swami Vidyanandaji began a five-week course on the fundamental practices and guidelines of meditation. This was keenly attended!

After a long battle our very dear friend and music master Vijay Gianpersad passed away on 27th July. Many organisations, as well as our own, paid tribute to this great Karma Yogi, who freely shared his musical and instrumental gifts with so many. We pray that his beloved wife Sunitha, sons and daughter-in-law will continue to be overshadowed by Sri Swami Sivanandaji Maharaj, our Sadguru.

Sri Krishna Jayanti on 14th August was celebrated with Satsang at 19h30 with another excellent discourse by Swami Vidyanandaji. This was followed by a play produced by Maitri Mataji, which had been rehearsed for weeks beforehand (supposedly in secret!) The play was excellent and brought out much hidden talent. The play was on the Bhagavad Gita. Uma Mataji took the part of Krishna. Four of our friends, all dressed in white, illustrated the story with mudras and movements. Andrew Raad surprised us all with his excellent interpretation of Arjuna! Sukha Mataji was the narrator and Swami Vidyanandaji sang bhajans on the harmonium. Priti Mataji produced the slides introducing each chapter. What an admirable production which showed a wonderful spirit of unity. We then concluded the Satsang with bhajans and special bhajans by Shakuntala Mataji from Durban with a chant in her exquisite voice.

On 17th August a few of us attended a yajna to bless the house in 1st Avenue Rondebosch East, which is being freely loaned to us for the Children of Light School (COLT) by Sri Pravin Vassen and Nirmala Mataji, parents of our

talented Maitri Mataji. What a blessing. You will read about the progress of COLT, this important venture, in this newsletter.

We commemorated the Mahasamadhi of H.H. Sri Swami Chidanandaji Maharaj on 21st August. We paid tribute to his purity, seva, non-attachment and compassion for all living creatures. This included the lepers at the leper colony. Swamiji even assisted students to succeed academically, a great soul indeed!

A Retreat was held at the Blue Butterfly Retreat Centre from 25th to 27th August. What a Re-treat for those who attended. This special venue has been available to us many times before and we love it!

On September 8th we celebrated the 130th Birth Anniversary of H.H. Sri Swami Sivanandaji Maharaj, founder of the DLS in Rishikesh, India, and light of our ashram. Swami Vidyanandaji gave a lovely talk on Gurudev. How compassionate He was, so much so that He softened a necessary admonishment with praise first and gifts. Gurudev did not like to hurt anyone's feelings. It was an uplifting Satsang!

Navaratri, the celebration of the Divine Mother began on 21st

September. The teachings on this subject were shared by myself along with the power of sacred chants. The morning meditations were also dedicated to the Divine Mother with relevant readings and chants. This celebration ended with a vibrant Satsang on Vijay Dasami celebrating victory over negativity.

On account of my 50 Year Seva Function, we were greatly honoured to have Sri Swami Padmanabhanandaji and his assistant Swami Sridharanandaji with us from 2nd October for eleven days. Swamiji gave wonderful lectures every evening and shared interesting stories with us during the day.

The 50 Year Seva Function was organised by our friends on 7th October at the Erin Hall in Rondebosch. This was a joyful event with speeches by Swami Padmanabhanandaji, Swami Vidyananda, Nalini Gangen on behalf of HAWC, Valerie Davids on behalf of SARYTA, Mary Frost on behalf of CTII. Kamala Wengrowe so ably presented gifts of gratitude from friends. Vani took on the role of Master of ceremonies. Uma Edwards created a slideshow. The book 'Conversations with Mother

Yogeshwari', which was beautifully coordinated by Tara Raymond, was also launched.

The Punwassi family gave a rousing performance, including a song, whose words were written by Sita and set to the tune of a well-known chant be her brither Shivesh. What a talented family. Thank you to all who have gone to so much trouble! I now know how much hidden talent there is in all of my friends!

Personally I cannot thank Swami Padmanabhanandaji enough for the blessing bestowed on me and all of us by travelling all the way from Rishikesh to visit this little ashram for this occasion. We were also able to observe perfect seva exemplified in Swami Sridharanandaji.

Diwali on the 19th October was celebrated at the ashram. Most of our Hindu friends celebrated this special event, which is considered to be a New Year by some, at their homes. Those present at our Satsang were able to hear all about Diwali as a happy time of renewal and thanksgiving.

We hope that you are as pleased with the renovated car park as we are.

My sincere thanks to all who have spent so much time and effort in making the past few weeks so memorable!

May Gurudev continue to bless us all.

Yogeshwari

“Open yourself fully to the divine influence. Develop burning desire for the attainment of God realisation and burning dispassion (vairagya) for worldly enjoyments. Abandon all worries. Abandon all worldly ambitions and mundane desires. Soar high in the realm of higher spiritual knowledge. Show your moral courage and spiritual strength now, O Ram.”

Swami Sivananda

Cosmic links

“How you look at it is pretty much how you'll see it.”
Rasheed Ogunlaru

“Lies sound like facts to those who've been conditioned to mis-recognize the truth.”
DaShanne Stokes

“A person does not have to be behind bars to be a prisoner. People can be prisoners of their own concepts and ideas. They can be slaves to their own selves.”
Maharaji

“Every thought you have makes up some segment of the world you see. It is with your thoughts, then, that we must work, if your perception of the world is to be changed.”
A Course In Miracles

“The only devils in this world are those running around inside our own hearts, and that is where all our battles should be fought.”
Gandhi

“The lust for comfort murders the passions of the soul.”
Kahlil Gibran

“The one who merely flees is not yet free. In fleeing he is still conditioned by that from which he flees.”
Georg Wilhelm Friedrich Hegel

“The power of the work comes through this alchemical process in which the darkness is transmuted into light, and the energy that was trapped in maintaining rigid social structures and unhealthy cultural conditioning becomes freed up and released.”
William Keepin

“When you change the way you look at things, the things you look at change.”
Wayne Dyer

“When the doors of perception are cleansed man will see things as they truly are, infinite.”
William Blake

“Know that this universe is nothing but a dream bluff of nature to test your consciousness of immortality.”
Paramahansa Yogananda

Vairagya

By Sri Swami Sivananda

There is a way to the immortal abode and supreme happiness. There is a way to the fourth dimension. That way is vairagya. Follow the way. Vairagya is dispassion, desirelessness or non-attachment. It is indifference to sensual objects herein and hereafter. It is born of and sustained by right discrimination.

Vairagya is the opposite of attachment which binds a man to the wheel of births and deaths; vairagya liberates a man from bondage. Vairagya purifies the sensual mind and turns it inward. It is the most important qualification for a spiritual aspirant. Without it, no spiritual life is possible.

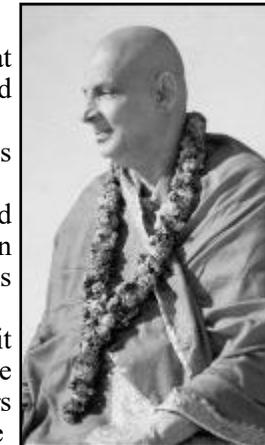
The two currents of the mind - attraction and repulsion - really constitute the world of births and deaths. A worldly man is a slave of these two mighty currents and is tossed about hither and thither like a piece of straw. He smiles when experiencing pleasure; he weeps when in pain. He clings to pleasant objects and runs away from those which cause pain.

Wherever there is sensation of pleasure, the mind gets glued, as it were, to the object that gives

pleasure. This is what is called attachment and brings only bondage and pain. When the object is withdrawn, or when it perishes, the mind suffers unspeakable pain.

Attraction is the root cause for human suffering.

A dispassionate man has a different training and has different experience altogether. He is a pastmaster in the art or science of separating himself from the impermanent, perishable objects. He has absolutely no attraction for them and constantly dwells in the eternal. He stands adamant as a peak amidst a turbulent storm, as a spectator of this wonderful world-show. A dispassionate man has no attraction for pleasant objects and no repulsion for painful ones. Nor is he afraid of pain. He knows well that pain helps considerably in his progress and evolution, in his journey towards the goal. He is convinced that pain is the best teacher.



Vairagya

By Swami Venkatesananda



How can I experience, discover 'I', 'I am'-ness? It is like trying to stick out your tongue to lick it! While anything takes place,

e.g. the eyes see a book, the seeing is all that is really happening. But somewhere, somehow, there arises a thought: 'I see'. Once this 'I' pops up as subject, the object (e.g. 'book') is also conjured up.

From this follows: "I love this" and therefore "I do not like that". Dislike, repulsion and hate are born from love, attraction - products of the dualism of the ego-sense. This is not part of nature, which knows no like or dislike. The ripe apple does not fall because it 'hates' the tree or 'loves' the ground! The fall of the apple occurs as a natural event at a given moment, just as the eyelids close when the eyes look at bright light or the arm withdraws the hand as it touches a source of heat. In nature things happen - rain falls down, smoke goes up. There is a going apart, a coming together as with the different poles of a

magnet, without struggle or emotion.

If there is oneness, there is no question of wanting one thing and avoiding or pushing away 'another'. Hate only arises from 'loving' the opposite. That is why one usually speaks of raga (liking) and dvesa (disliking) together. There is no total, absolute hate. In fact, I only start disliking something once I am attached to someone, somebody else, be it merely myself.

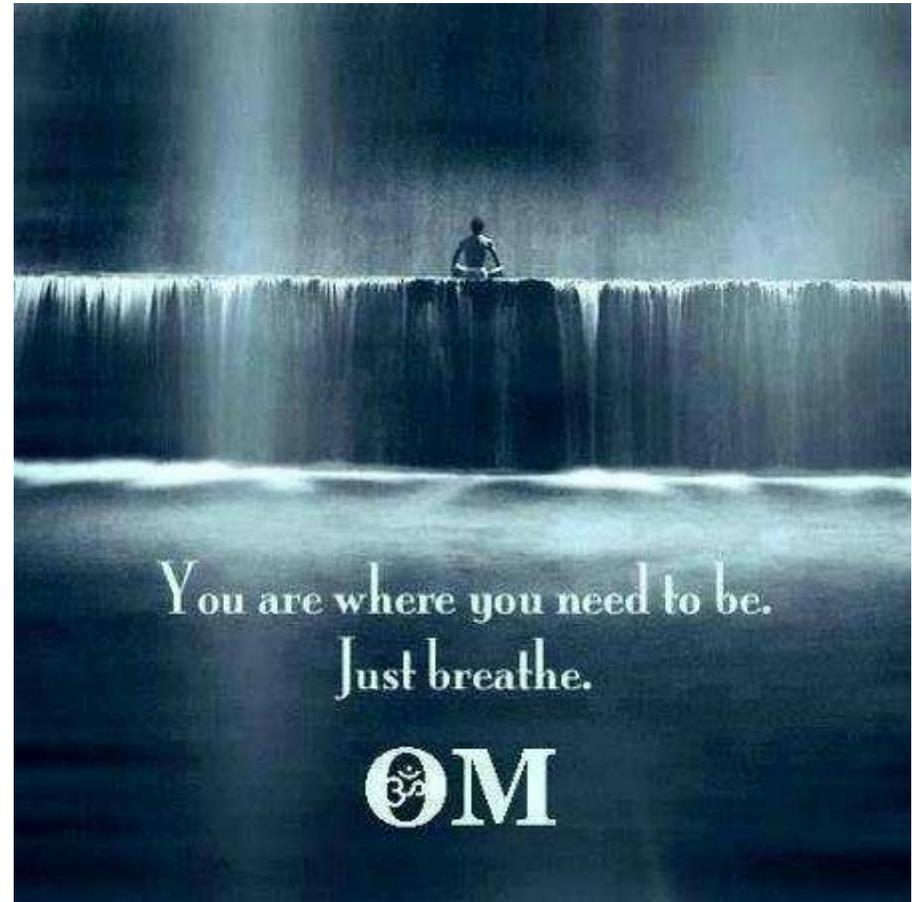
The truth is that there is attraction and repulsion (hatred, violence and so on) in me, in the mind. It is not a question of suppressing either physical or mental expressions of dislike, resentment etc., nor indeed of attraction or its opposite. The main issue is mental colouring, the conditioning of the mind.

Whatever the mind sees gets 'coloured' and we divide the world accordingly into 'black' and 'white'. We can learn to 'see' anew, to decolour the mind. (Not to discolour it in the sense of introducing yet another 'colour' to get rid of the prevailing ones.) For this the sages teaching yoga introduced vairagya - the opposite of raga. Vairagya or renunciation (dispassion) is not a discipline

leading to suppression on the 'either-or' basis. It recommends neither repressing the desires by running away from them or 'closing' my eyes to their existence in me, nor by heroic resistance biting my tongue so as not to give in to the attractions! Neither shunning the world and its

enjoyments, nor turning the back on places of worship can lead us to Truth and peace.

If God is omnipresent, why run from Him who is in every place and occupation? All we have to renounce is the mental colouring.



Ananda Kutir Ashrama School Project

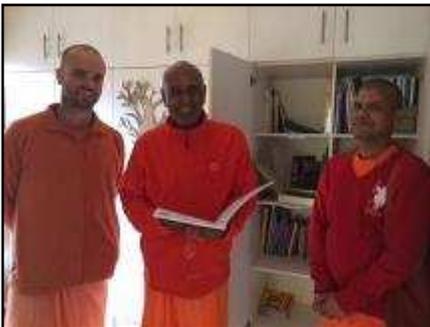
“Education is drawing out from within the highest and best qualities inherent in the individual.”

Swami Sivananda

The Children of Light School is a project of Ananda Kutir Education Trust, born out of Ananda Kutir Ashrama. It is through the inspiration of Gurudev Swami Sivanandaji Maharaj that the idea of establishing the school came about.

Swami Padmanabhananda's visit to the Children of Light School

Swamiji visited the school, accompanied by Swami Sridharananda and Swami Vidyananda, the Spiritual Head of Ananda Kutir Education Trust, on 3rd October 2017. Swamiji conducted a prayer for the



Swami Padmanabhananda (centre) with Swamis Vidyananda and Sridharananda

wellbeing and success of the children and school.

About the School

The Ananda Kutir Education Trust is registered as a non-profit organisation and sustains itself on donor funding and volunteer support. The Children of Light School offers free quality education to children from an underprivileged community known as Vygieskraal in Cape Town. This community is situated on wetlands and has a high incidence of social challenges such as alcohol and drug abuse, high rates of unemployment and violence. Due to the



Swami Padmanabhananda (centre) with Swami Sridharananda and Maitri Makan



Vygieskraal

unaffordability and inaccessibility to pre-schools for children under six years, many children in this informal and underprivileged settlement wander around idly, instead of receiving an essential foundation in education.

As an initial phase of the school we have commenced with six children aged four to six years. Daily transport and meals are provided. The aim is to create a safe space for them to 'be', to play and explore, thereby enabling them to learn and live out their true and highest potential.

Vision

Integral Education that nurtures the innate divinity and potential of children and youth.

Mission

To provide education that focuses on the physical, mental, emotional, social and spiritual



The first six children

development of children and youth by establishing independent schools based on the principles of Integral Yoga.

Name: Children of Light School

The name has been derived from Swami Sivananda's way in which He would address children. All beings are 'light' and their essential nature is 'light'. Every being is innately Divine. Integral Yoga is the means to once again become aware of that innate divinity.

School Motto: Be Good, Do Good

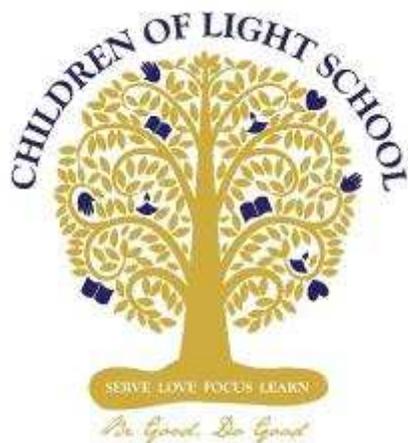
The greatest contribution anyone can make to society, regardless of what position they hold, is to Be Good and Do Good. This is the motto of the school and towards which we will strive.

Be Good: establishing yourself in the Truth.

Do Good: the natural action that flows from being established in the Truth.

Our School Values

Beautifully incorporated in our logo, a tree, symbolising the growth of the children (physical, mental, emotional and spiritual), are our school values.



 Serve: Karma Yoga – Be mindful that all you learn at school is to serve society through giving, helping and caring for humanity, our environment and species around us.

 Love: Bhakti Yoga – Love all beings equally. Love is the primary principle that should guide all our actions.

 Focus: Raja Yoga – Have an aim in life and focus all your thoughts,

emotions and actions towards achieving that aim.

 Learn: Jnana Yoga – Learn in order to be wise. Learn all that you require to lead a successful, happy and fruitful life. Learn about yourself, the world and God (Truth).

Opening of the Children of Light School

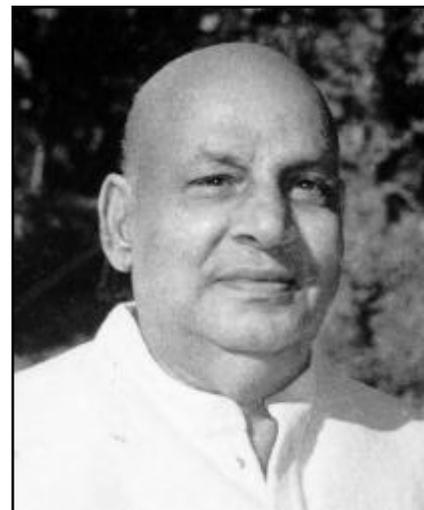
Our first day of school commenced on 17th October 2017. On their first day, the children were all excited and ready to be transported to their new School. It was so comforting to see the joy on the mothers' faces, being obviously proud to send their children to school. Upon arrival, the children settled immediately to the new faces, routine and programme. It was observed how they naturally care for one another, share their food and help each other get dressed. A simple illustration of care and kindness was when one child was feeling cold, and another child without hesitation removed her jersey and gave it to the child who was shivering from the cold. This illustrates that all children are innately divine.

For further information about the school, please visit our website at www.colt.org.za.

Yours in service
Maitri Makan

Mumukshutva

By Sri Swami Sivananda



Mumukshutva is intense desire for liberation or deliverance from the wheel of birth and death with its concomitant evils of old age, disease, delusion and sorrow. If one is equipped with the previous three qualifications, viz., viveka (wisdom), vairagya (dispassion) and sad sampat (six virtues), mumukshutva will come by itself.

The mind moves towards the source of its own accord, because it has lost its hold now on external objects. It has no resting place in this objective universe. Purification of the mind and mental discipline form the rock-bottom foundation of yoga. When this is effected, the longing for

liberation dawns by itself. Mumukshutva must be of a burning type. If burning mumukshutva is coupled with burning vairagya, self-realisation will come within the twinkling of an eye. Generally the vast majority of people have got a dull type of vairagya and mumukshutva. So they do not succeed in their attempts. If one finds that he has not got burning mumukshutva, he must practise the other three sadhanas (practices) vigorously till he acquires intense longing for attaining salvation or immortality. That aspirant who is endowed with these four qualifications should hear the shrutis (scriptures) from a Brahma Nista guru (preceptor who is established in Brahman), and then reflect and meditate on the inner self. He will soon get self-realisation.

The aspirant should practise all the four means to a maximum degree. Proficiency in one sadhana alone will not make you perfect. There is a definite significance in the sequence of the four sadhanas. That aspirant who is in possession of the four means is a blessed divinity on the surface of this earth. He is Brahman himself. He must be adored and worshipped. My silent salutations unto such exalted souls!

Vairagya and Abhyasa

By Swami Venkatesananda

In sleep there are no problems except the one problem of ignorance! From this ignorance issue the sources of our problems: individuality, likes and dislikes and 'clinging to life'. Clinging to life is 'hope': hope is inseparable from fear.

Life brings the senses and particular objects together for a brief moment and then takes them away. Pleasure and pain are natural to life, and neutral. It is the mind, and not the senses, which registers the experiences, remembers, cherishes or dreads, then it pursues pleasure, afraid it may not get or lose it, hopes it will get it and have it forever. All these constitute vritti. Thinking about them, thinking that they have disappeared, philosophizing their nature and purpose (that they are part of nature, that they are karma or illusory) is futile. They cannot really be suppressed; they will not be ignored. Understanding alone is their (dis)solution or resolution.

One of the methods of understanding is the twofold abhyasa and vairagya. Vairagya is related to raga (likes or cravings), which also means colouring. Memory craves even in the absence of the object, and demands repeated enjoyment. The Master suggests vairagya or

uncolouring of the mind. The first step is: If the memory revives the craving in the absence of the object, recognise the absurdity of such craving - the object is just not there and the craving is madness. When the inner intelligence realises this, such irrational craving ceases, and the intelligence gains strength to deal with craving when the object is immediately present. The second step: When the object is present, the intelligence enquires 'Is this normal?' - a natural part of the life-process (like hunger, thirst and so on) or is it a perverted craving which arises from the me(mory)? If it is natural, the experience is allowed; if it is not, the craving is dropped. The third step: the intelligence continues to enquire into the whole process of experience-memory-craving. What is the reality of these? The non-verbal answer reveals the truth that all this is sheer movement of energy in consciousness. To remain established in this truth is abhyasa. The attempt to do so is also abhyasa. However if the ego makes this attempt it is self-defeating. The practice of the various limbs of yoga enables you to realise that which is beyond the ego.

Wisdom from Mother Yogeshwari

Whether life looks bright or blue
Depends upon your point of view.



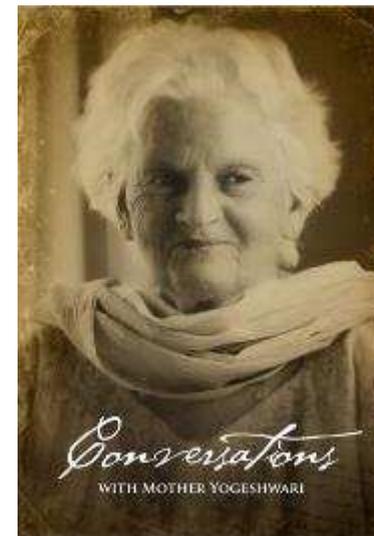
Book Review

Conversations with Mother Yogeshwari

This inspirational book contains insightful interviews with Mother Yogeshwari and covers a spectrum of topics regarding life and spirituality.

The book is also beautifully illustrated with photographs.

Available at Ananda Kutir Ashrama.



**Ananda Kutir Ashrama
Membership Application Form**

Seekers who are keenly involved in the ashrama and who are actively supportive of its objectives can become members. A member receives a copy of Swami Sivananda's 20 Spiritual Instructions and Swami Venkatesananda's Prayer, the newsletter and is able to receive discounts on courses, yoga days and purchases. A member has access to the library, can vote at the AGM and can serve on the management committee.

PLEASE PRINT CLEARLY

R200 for a one-year membership.

Name _____

Postal Address _____

Phone _____

Cellphone _____

E-mail _____

Signature _____

Date _____

**For more information please contact:
Ananda Kutir Ashrama
031-418 NPO**

Tel: +27 21 696 1821

Email: info@anandakutir.org.za

www.anandakutir.org.za

Residential Address: 24 Sprigg Rd, Rondebosch East,
Cape Town, South Africa

Postal Address: PO Box 36134, Glosderry, 7702
South Africa

Banking Details

Donations to the Ashrama

Please make out all **Cheques** to **Ananda Kutir Ashrama**

Electronic Transfers:

Bank: Standard Bank
Branch code: 025009 (Rondebosch Branch)
Account name: Ananda Kutir Ashrama
Account No: 275500551
Reference: Your name & purpose of payment

Donations to the Outreach Project

Please make out all **Cheques** to **Ananda Kutir Outreach Project**

Electronic Transfers:

Bank: Standard Bank
Branch code: 025009 (Rondebosch Branch)
Account name: Ananda Kutir Outreach Project
Account No: 275471152
Reference: Your name & purpose of payment