



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 - September 2018

Update from Sri Yogeshwari Mataji

Dear Friends.

Hari Om! Loving greetings to all.

As we near the end of the year, we are presented with various activities from other like-minded communities apart from ours at Ananda Kutir. So Cape Town is not as sleepy as perceived by others living elsewhere. Ah, but the activities are all spiritually or religiously orientated. Surely this should be the foundation for all other activities?

We have celebrated or commemorated various events over the past few months.

Guru Purnima on 27th July was joyously and gratefully eulogized.

On 5th August a very well-attended Satsang commemorated



the Mahasamadhi of H.H. Sri Swami Sivananda. Mahasamadhi (conscious exit of the body) is only attained by enlightened beings. So it calls for a celebration! Not a mourning.

Apart from puja devoutly performed by Guru Krishna, there was a talk by Swami Vidyananda on the 108 Names of Swami Sivananda. Joyful chants followed and the three hours slipped by very quickly!

Krishna Jayanti on 2nd September was, as always, celebrated with joy and love for this special incarnation of God Himself, who appears in answer to the fervent prayers of the oppressed when the world is in chaos! The satsang was a magnificent tribute to the life and teachings of Sri Krishna. We began with a few kirtans in praise of Sri Krishna, followed by a talk and then assembled in the yoga hall for a wonderful treat.

Our gifted Maitri Makan wrote and produced a wonderful play on the teachings of Sri Krishna. We did not realise how many talented actors and actresses we have coming to the yoga classes and Satsangs. The play is called 'From Darkness to Light - tamaso ma jyotir gamaya', which is the line of the well-known Sanskrit Peace Chant (it was chanted by Swami Vidyananda).

The characters in the play portray a part of each one of us, an ambition to be recognized, either

by performing good deeds, studying for a degree, rising in the business world or practising Hatha Yoga to be able to do the headstand. Sri Krishna played by Yuveer Maharaj was so convincing that one looked upon him with some awe afterwards! The play also included Indian dancing in a circle.

Every time Lord Krishna appeared, the divine sound of the flute was heard, beautifully played by Pravin Vassen, Maitri's father. At appropriate moments Naresh Chauhan, another expert musician, played the sitar. Santosh van der Merwe cleverly manipulated the lighting and Suren Dilraj gave the clear narration. Maitri was born into a devout family; no wonder she is the way she is!

At the end of the play a chant to Sri Krishna was repeated as we all (including the cast) walked back to the meditation room and took our seats. No clapping to break the calm atmosphere.

My feeling is that this play should be presented all over South Africa and world-wide to introduce the teachings of the Bhagavad Gita. In my opinion it would be given good ratings overseas as well.

The next great event was the celebration of Gurudev Sivanandaji's 131st Birthday. Swami Vidyananda gave an excellent talk. The chanting was in keeping with the celebrations of Gurudev's birthday.

We were delighted to have Mahatma Suvindhya Bai's visit on 13th September. This erudite and charming lady talked on the 9th chapter of the Bhagavad Gita. Her knowledge of this wonderful scripture is incredible.

We are looking forward to the visit of the Vice President of the Divine Life Society H.H. Sri Nirliptanandaji from 28th November to 2nd December. Swamiji is coming all the way from our Headquarters in Rishikesh. Please do not miss this opportunity!

May God's and Gurudev's blessings shower upon you!

With love,
Yogeshwari

ACT WITHOUT EXPECTATION.

-LAO TZU

Cosmic links

"We don't realize that, somewhere within us all, there does exist a supreme self who is eternally at peace."

Elizabeth Gilbert

"Stop leaving and you will arrive. Stop searching and you will see. Stop running away and you will be found."

Lao Tzu

"If you have no confidence in self, you are twice defeated in the race of life."

Marcus Garvey

"God begins us; we must finish ourselves."

Simeon Carter

"The privilege of a lifetime is being who you are."

Joseph Campbell

"What lies behind us and what lies before us are tiny matters compared to what lies within us."

Ralph Waldo Emerson

"If I try to be like him, who will be like me?"

Yiddish proverb

"This above all, to thine own self be true."

William Shakespeare

"We can never obtain peace in the outer world until we make peace with ourselves."

Dalai Lama

"If a man is called to be a street sweeper, he should sweep streets even as Michelangelo painted, or Beethoven composed music, or Shakespeare wrote poetry. He should sweep streets so well that all the hosts of heaven and earth will pause to say, here lived a great street sweeper who did his job well."

Martin Luther King, Jr.

"The miracle is not that we do this work, but that we are happy to do it."

Mother Teresa

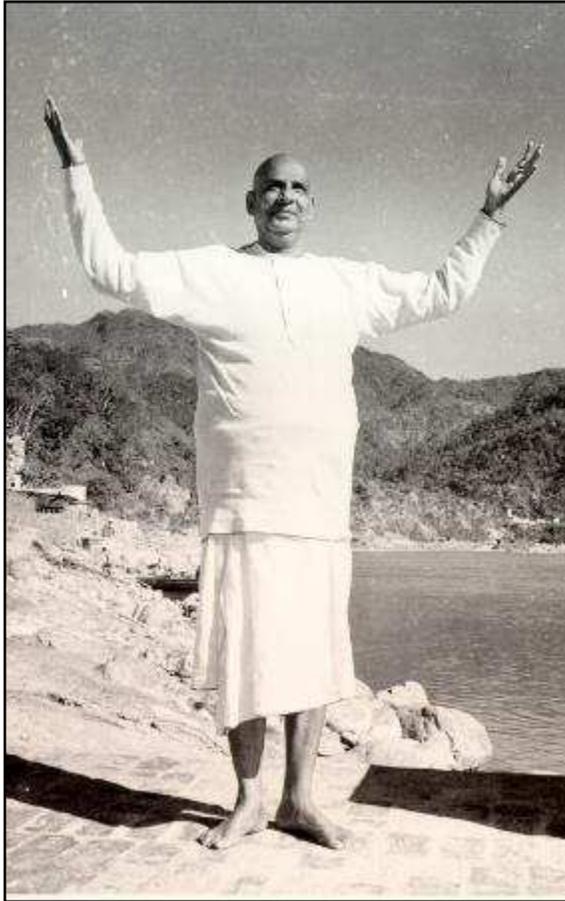
I Am Siva

By Sri Swami Sivananda

I am Siva, the life and soul of all. I am the substratum for all the forms of the world. I am the substratum for the mind, prana (life) and senses. I am the energy in the atoms and the elements. I am the effulgence of the sun, moon and stars. I am the beauty of beauties. I am the charm and beauty in women. I am the life of all youth. I am the intelligence in all scientists, educationalists, culturists, research scholars and philosophers.

I am the foundation of the world. I am the wisdom of the sages. I am the siddhis (powers) in yogis. I am the life of the cyclones, earthquakes and volcanoes. I am the energy in dynamos. I am the energy in all germs and microbes. I am the power in herbs, minerals and tonics. I am goodness, truth, success and prosperity. I am Siva, the life and soul of all.

Lumbago and rheumatism shake my body. All diseases are my guests. Let them stay. What is that to me? I welcome them



cordially. I always sing: "I am not this body, not this mind. Cidananda rupah sivoham sivoham". I defy, deny diseases. What is it to me if the body perishes? I am anamaya (diseaseless) atman (self). I am the life of this cosmic play.

Gurudev's Secret

By Swami Venkatesananda

When you follow the guru who is the Light of Truth, make sure that you have kindled the Light of Truth in yourself, that you are also the Light. Otherwise you will walk in the darkness of the shadow that the human personality of the guru casts behind him.

The guru is everywhere at all times, for he is the Light of God, and his grace is freely available to all at all times. It is up to the disciple to study his own mind and see for himself how it throws up doubts and distractions. The light for such self-study is viveka or vigilance. Such vigilance keeps the distractions away and the doubting intellect at bay, so that the heart may be open to the guru.

Gurudev's genius was synthesis, harmony and oneness. In his vision there was no division. Hence there was no division in his heart and in his mind. He was the living illustration of the famous expression that occurs frequently in the Bhagavad Gita: "He sees God or the Self in all and all in God or the Self."

It was this vision of the Infinite that lived as Gurudev Swami Sivananda. He is our guarantee and assurance that such a vision is possible and that in

such a vision lies our salvation; not in running away from anything, whatever be our justification for such action.

Even evil is not shunned, renounced or abandoned! When the vision of the Infinite is attained and God dwells in our hearts in all His radiance, evil does not exist and does not arise. In the light of truth there is no darkness. When the light shines in darkness, there is no darkness. This was Gurudev's secret. Hence there was not even a 'struggle' to overcome evil in his life.

Only he who is endowed with such a vision can love all. He is love, and nothing but love can flow from him. He is divine. His life is divine life. In it there is no self, no selfishness. In it there is no division - not even between the one and the many, the divine and the undivine, light and darkness. Hence, Gurudev was able to live an intensely dynamic life, presiding over the world-wide Divine Life Society, apparently dealing with diversity without ever losing the vision of the infinite. He was infinite love. May his blessings be upon you all!



Children Of Light School

Greetings to all.

With the grace and guidance of Sri Gurudev Swami Sivananda and Swami Venkatesananda, we continue to run the school, providing quality education to children in need.

The children who attend the school display behavioural traits of children who have been traumatised in some way. Life has been unpredictable and hence they are very anxious and cautious, especially so when they start school. The environment, routine, staff and culture are unfamiliar and therefore may add to an already anxious and traumatised child. Bearing this in mind, we as staff reflect, research and consult with professionals in order to offer a programme that is relevant. This means always starting where the child is at.

For our school programme we have incorporated aspects of the Montessori and Waldorf Education Philosophy, principles and practices of Ayurveda and Yoga. Rhythm is an essential part of the Waldorf Education Philosophy, which has eased the anxiety and tantrums displayed by some children and instilled a sense of hope and joy in all of us at the school.

Rhythm, orchestrating the child's day like the breath, with time for breathing in (stimulating activity) and time for breathing out (restful and grounding).

We are making every effort to maintain the 'rhythm' of the day, a consistent, regular, repeated routine for the day. Our school rhythm remains the same every day. This regular rhythm gives the child rhythm. A rhythmic day is a predictable day for a child, which leads to the child feeling more secure, which in turn leads to a sense of self confidence and happiness because the child knows what is going to happen next and feels relaxed.

The children will go through the day in alternate periods of concentration and expansion. This is just like breathing in and breathing out, inhalation and exhalation.

For example, a breathing in activity is when the child's attention is directed towards themselves, such as painting. This is very short as little children can only concentrate for a short while, some research states, it is as long as their age, so if a child is 3 years old they are able to concentrate for 3 minutes. We have seen this and agree with this. In the exhalation or breathing out period where the child relates to the external world, the child goes out to play outdoors, running, swinging, climbing or free play. As teachers, we have to know when the child is in the breathing in or breathing out phase. When they are in the breathing in phase, we too need to be in that phase. The child will sense this and feel the presence in that present moment.



In the picture above from the left, myself, Maitri Makan (school principal), Juliet Mnbauwah (school cook and teacher assistant), our delightful children and Devi Harker (yoga teacher).

In order to sustain the school, we are appealing to friends for funds to cover essential costs.

We have launched the SERVE OUR SCHOOL Campaign and invite you to please support the campaign, share with your friends and family.

<http://colt.org.za/donate/>

Yours in Service
Maitri Mala Makan

SERVE OUR SCHOOL CAMPAIGN

Help build the **Children of Light School** that provides quality education to children in need!

You can help with a donation from as little as **R50**

- R50 can provide transport for 1 child for 3 days.
- R50 can buy electricity for the school for 3 days.
- R50 can buy craft supplies for 1 child for 1 month
- R50 can feed 1 child for 3 days.

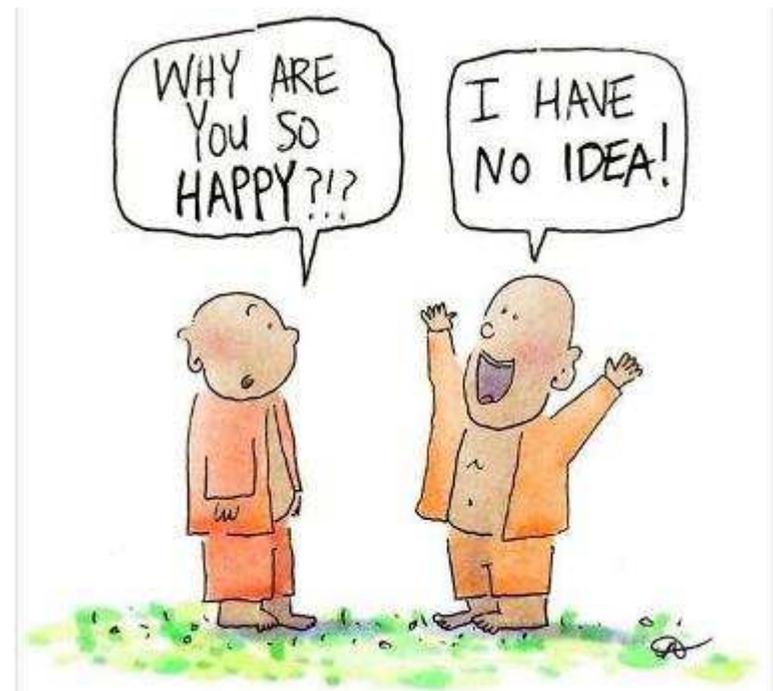
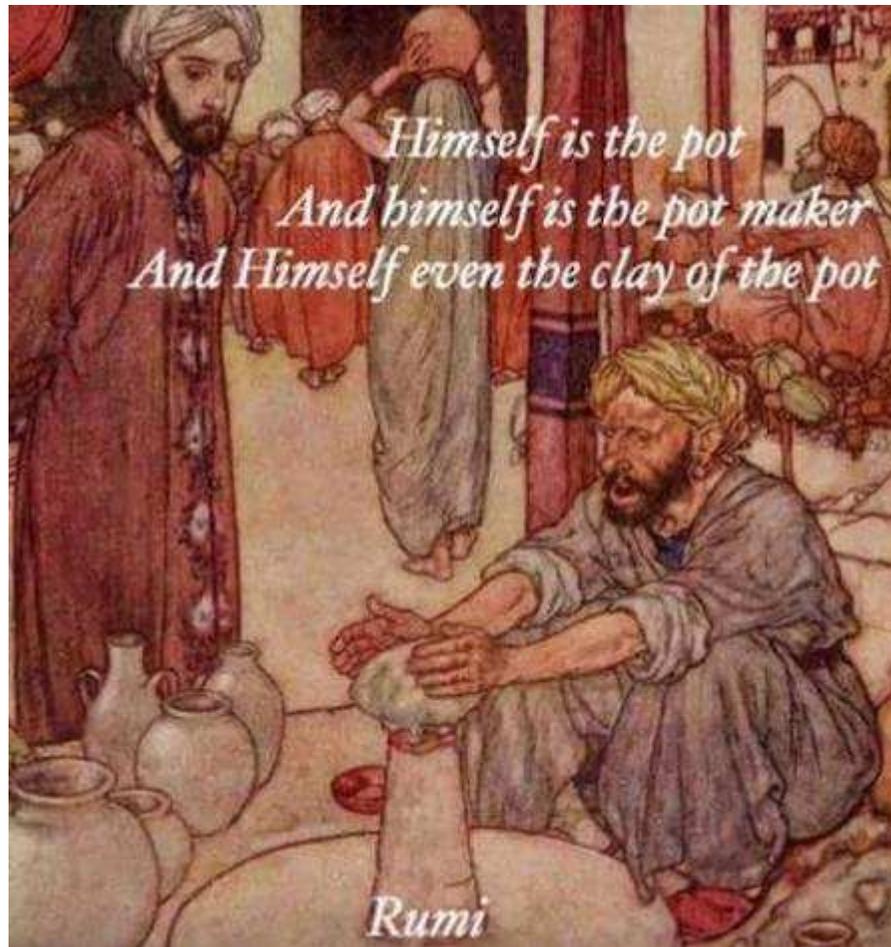
www.colt.org.za
NPO Number : 149 100

Wisdom from Mother Yogeshwari

Youth attaches much importance to outside appearances,
including one's own.

But with the passage of time and the less attractive the outer
layers, so one becomes more interested in what lies inside.

The journey to Self-discovery begins.



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. A member 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, 7780

Cape Town, South Africa

Postal Address: PO Box 36134, Glosderry, 7702

Cape Town, South Africa

Banking Details

Donations to the Ashrama

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

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

Donations to the Children of Light School

Bank: Absa
Branch code: 632005 (Claremont)
Account name: Ananda Kutir Education Trust
Account No: 9322073615
Reference: Your name & purpose of payment