



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

April - August 2021

Update from Sri Yogeshwari Mataji

Blessed Friends,
Hari OM.

We pray that everyone is
feeling peaceful within
themselves.

Unfortunately Mother
Yogeshwari injured her back and
hence requested that someone else
write the editorial this time.

Although the world is still in
lockdown, we have tried to keep
the ashrama activities open to
everyone as much as possible.
Hence we have been conducting
satsangs and a few yoga classes.
The ashrama wishes to serve
everyone, especially in these
times.

Some special occasions were
observed:

Sri Guru Purnima, as well as
Swami Sivananda's Mahasamadhi
were celebrated with puja,
discourses and kirtans. All the
devotees participated in the
worship of the Guru, Mother
Yogeshwari and Swami
Parvathiananda shared their
valuable insights regarding the
Guru and the life and teachings of
Sri Swami Sivananda Ji Maharaj.
These were followed by uplifting
kirtans.

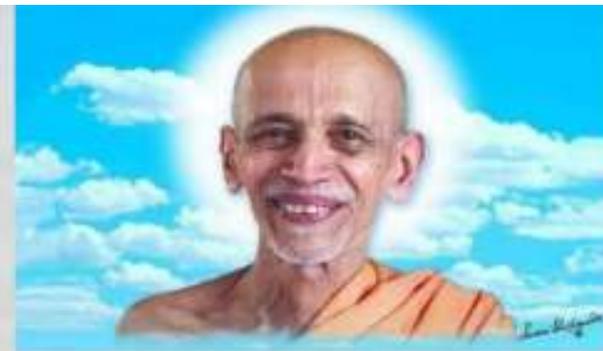
Sri Krishna Jayanti was also
celebrated, albeit only for the
evening due to the curfew
restrictions. I shared some
thoughts on the symbolism of the
flute of Sri Krishna. This was
followed again by beautiful
bhajans and kirtans sung by
devotees.

We also conducted a retreat in
April, the theme of which was
'Freedom' looked at from the
perspectives of Jnana, Raja and
Bhakti Yoga.

We continued also with the
inspiring talks by various disciples
of Sri Swami Venkatesananda in
the monthly series 'Swami
Venkatesananda: Experiences and
Lessons.

We pray that all our friends
and the world at large be ever
established in Peace and Love.

Yours in Prem and Om,
On behalf of Mother
Yogeshwari,
Vidyananda



**Have holy aspiration.
Grow in purity.
Meditate seriously.
Entertain lofty, divine thoughts.
You will have Divine Life.**

Swami Chidananda

Cosmic Links

“When meditation is mastered, the mind is unwavering like the flame of a candle in a windless place.”

Bhagavad Gita

“This is love: the flowering of love is meditation.”

Jiddu Krishnamurti

“At the end of the day, I can end up just totally wacky, because I’ve made mountains out of molehills. With meditation, I can keep them as molehills.”

Ringo Starr

“Do not dwell in the past, do not dream of the future, concentrate the mind on the present moment.”

Buddha

“Truth is the offspring of silence and meditation.”

Isaac Newton

“Whatever is fluid, soft, and yielding will overcome whatever is rigid and hard. What is soft is strong.”

Lao Tzu

“Meditation has been a loyal friend to me. It has helped me write my books.”

Alice Walker

“The real meditation practice is how we live our lives from moment to moment to moment.”

Jon Kabat-Zinn

“I’ve been practicing modalities of Eastern philosophy since about 1972. What I’ve learned through my meditation is a sense of equanimity, a sense of all things being equal.”

Goldie Hawn

“Calmness of mind is one of the beautiful jewels of wisdom.”

James Allen

“Praying is talking to the Universe. Meditation is listening to it.”

Paulo Coelho

“To really do nothing, with perfection, is as difficult as doing everything.”

Alan Watts

Meditation

By Sri Swami Sivananda

If you want to get rid of the pains and afflictions of this samsara (worldly life) you must practise meditation. Meditation is the pathway to divinity. It is the royal road to the kingdom of Brahman. It is a mysterious ladder which reaches from error to truth, from darkness to light, from pain to bliss, from restlessness to abiding peace, from ignorance to wisdom, from mortality to immortality. Meditation leads to knowledge of the self, to eternal peace, supreme bliss. Meditation prepares you for direct intuitive knowledge.

Truth is Brahman. Truth is self. You cannot realise the truth without reflection and meditation. Be silent. Know thyself. Melt the mind in that. Without meditation you cannot liberate yourself from the trammels of the mind and attain immortality. Tear the veils that cover the soul. Rend asunder the five sheaths that screen the atman (self) by constant meditation. You will find final beatitude.

Meditation is a powerful tonic. The holy vibrations penetrate all the cells of the body and cure all its diseases. The powerful soothing waves that arise during meditation exercise a benign influence over the mind



and the nerves. If you meditate for half an hour you will be able to engage yourself with peace and spiritual strength in the daily battle of life, for a week. You do this just through the force of this one meditation.

A yogi who meditates regularly has a magnetic, charming personality. Those who come in contact with him are much influenced by his sweet voice, his powerful speech, his lustrous eyes, his brilliant complexion, his strong healthy body, his good behaviour, his virtuous qualities and divine nature. People draw peace and joy and strength from him.

News from Children Of Light Educare

Goodbye COLT,

hello big school.....



*"Receive the children in reverence,
educate them in love, and send them
forth in Freedom."*

Rudolf Steiner

Yoga is Education

At the COLT AGM held in June, Swami Vidyananda, spoke on the topic 'Yoga is Education' highlighting that to educate is to facilitate the process of bringing out the innate intelligence, harmony and happiness in a person. Education is derived from the Latin word, "educere" which means, "to bring out or develop" not fill with information, which is the current way in most schools. The so-called 'norm' doesn't work in Yoga; education is a communal process and everyone is involved, not just the pupil.

*Working hand in hand with our
parents*

It is heartwarming to meet our parents whose children will be leaving COLT Educare at the end of the year and going off to Grade 1 next year. These children and their parents have been with us for at least 3 years and been instrumental in shaping our approach just as much as the programme has made shifts in their lives.

With the current education system, applications for Grade 1 have to be made by February for the next year. As our children did not have documents, this was not possible. With much effort from our Teacher Nushfeekah, we have made progress and have receipts of applications.

We met with our mom's, sat under the winter sun with a cup of tea and had a warm touch in with each one. For them, next year is just another year and they assume that their children will just continue attending COLT Educare. To ensure that each child is enrolled for Grade 1 in 2023 COLT staff have encouraged parents through the process, insisting that they apply to a minimum of 3 schools. Two have found placement in local schools

and we will need to assist another 3 mom's with this process. We know that our mom's need encouragement and motivation so we visit them at least once a week. This is also to get feedback on any progress, assist where needed, and acknowledge their efforts.

Our children have developed a love for learning;

they wake up and insist on going to school in the morning and if they miss the bus they cry until their mom walks them to school. They have dreams and goals now.

Blessings and gratitude to all.

Maitri Makan



News From The Outreach Project

The Outreach project, begun by Mother Yogeshwari and Swami Parvathiananda in the 1980's, has been able, with the help of our generous donors, to continue assisting Masincedane clinic, Mzamomhle clinic, Crossroads clinic and Phumlani clinic in our disadvantaged communities.

Food parcels to the clinics

From April to August each clinic received 120 packs of fruit and vegetables once a month. Towards the end of May Mr FJ Byleveld, who owns and delivers the food packs from 'Jou Ma se Veggies', was hijacked for the second time in Browns Farm. His bakkie was damaged; his cell phone, keys and wallet were stolen as well as some of the food. The police advised him to discontinue his deliveries in the area as his bakkie had become a target for highly organized gangs. Reluctant to stop this service, because of his commitment to our disadvantaged communities, Mr Byleveld has been delivering the fruit and vegetables to various central collection points in Athlone. This was arranged by the regional clinic manager and the clinics would collect from there. In August we donated R2000 to Mr Byleveld towards the cost of a new cell phone.

Winter Drive

In June and July we held our annual winter drive to help support the clinic clients during the cold winter months. We bought the whole stock of 86 single grey striped donation blankets from Sesli Textiles in Johannesburg. This year the blankets were given to Crossroads Clinic. Clothing, non-perishable food and household items generously donated by Outreach supporters were shared between Phumlani and Crossroads Clinics.

The home roster group initiated by Juliet Clavaux, has continued to provide about 100 sandwiches, 100 fruits and 100 hardboiled eggs every week. These were distributed among the homeless, given to the Children of Light Educare centre or to other people in need.

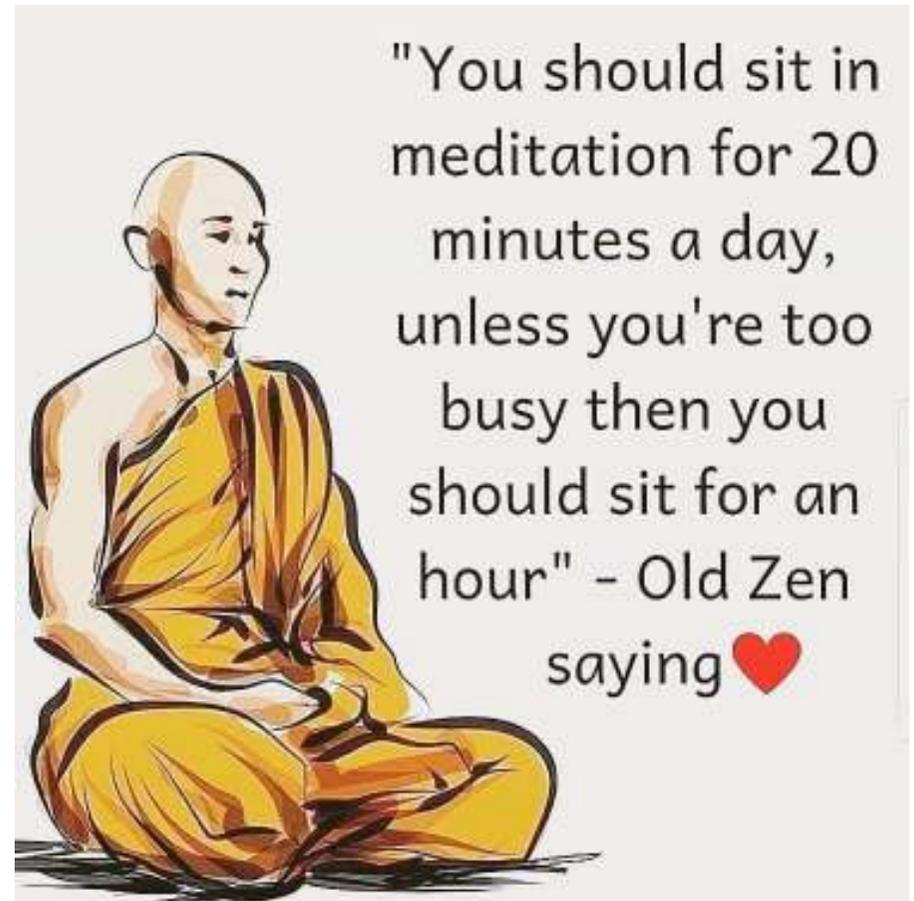
Homeless Project

This project initiated by Swami Vidyananda celebrated its first birthday in August.

On Sunday mornings cans of baked beans are given to the homeless living in the Claremont and Lansdowne areas. When the ashram residents go shopping they take cans to be distributed as they see fit.

A very special thank you goes to our generous donors and to all those who have enabled the Outreach project to survive during these challenging times.

Damyanti Gajjar
Jennifer Stephens
Elsa Oliver
Rosemary Frith



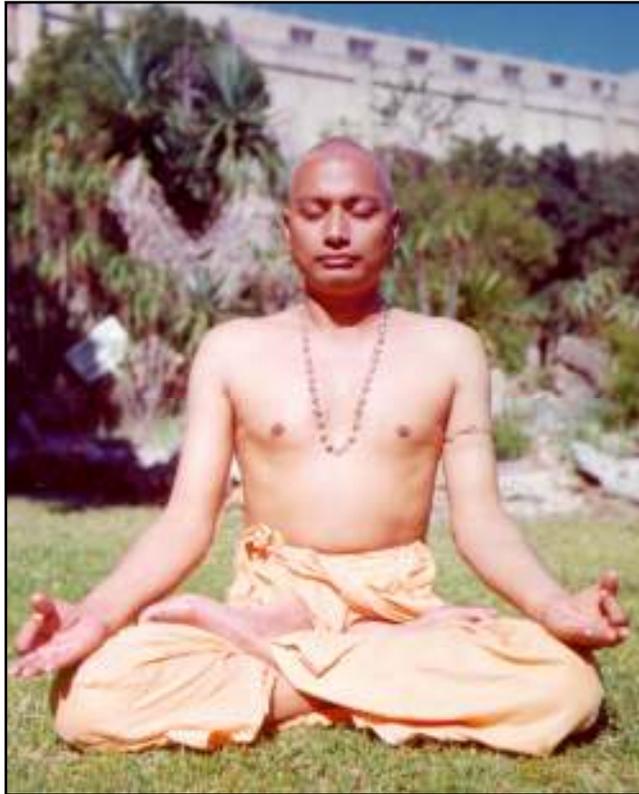
Morning Meditation

By Swami Venkatesananda

There is a lot in early morning meditation.

While we were asleep we were not worried, unhappy, jealous or hateful. But these things spring up immediately when we wake up. The yogi wakes early as if to tell the mind, "I understand that you would like to sleep till six in the morning and then wake up to your worries. I shall allow that! But I am going to wake up at five in the morning and meditate. I hope you understand that that hour is not your time to start worrying; you are supposed to be asleep then."

During this morning meditation the yogi comes face to face with the peace and quiet that is natural to the mind when it does not undergo any of the modifications brought on by the interaction of sense experiences



and their changeable nature. It is then not difficult to keep a vigilant watch at the gates of the mind to 'see' how the mind undergoes the first modification. And if one falls in love with peace of mind, this vigilance will guard the mind against restless modifications.

Wisdom from Mother Yogeshwari

THE CYCLE OF LIFE

Some people find that life's such a bind and the world's too heavy for them.

So off they go through hail and the snow to shelter in an ashram.

There they learn obedience, business and experience.

How to keep quiet and how to beg.

With their long tresses shorn in cells all forlorn,
they forget their former lenience.

Knocks on the door, awakened at four
to sit for meditation

Look at your nose and stare at a rose and learn about creation.

Study all the Vedas, then find out who made us.

Life's just a game, so play it well.

When your life ends, for sure you'll come back for more

To show that you're courageous.



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 valid for the financial year March-February. R300 for married couples.

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 and Postal Address:

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Rondebosch East, 7780
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: 10158117954
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: 10158113770
Reference: Your name & purpose of payment

Donations to the Children of Light Educare

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

