



Ananda Kutir Ashrama

serve . love . give . purify . meditate . realise

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 - June 2023

Update from Swami Vidyananda

Blessed Self,
Hari OM. Loving Greetings.

Book Production of Swami Venkatesananda's Works

The Chiltern Yoga Trust (Australia) was established by Swami Venkatesananda to take care of future publications of his books. Now the Trust has initiated a wonderful project of creating a box set of Swami Venkatesananda's translations of scriptures in daily readings. The Ananda Kutir Ashrama is participating in this project. The ashrama has scanned all the books, which are currently being formatted. Friends of the ashrama have started proof reading the formatted material once a month on a Saturday with much joy and

enthusiasm. All who wish to contribute a few hours of service to this important project can contact Swami Vidyananda: vidyananda@anandakutir.org.za.

Yoga of Love



On 27 May the ashrama hosted a yoga day with the theme 'Yoga of Love'. We explored the teachings of Bhakti Yoga (the Yoga of Love) via a beautiful and inspiring hymn called 'Gopika Gitam' which appears in the

sacred scripture ‘Srimad Bhagavatam’, in which the various expressions of Love-of-God are described. We also danced in the Indian folkstyle called Garbha, which beautifully depicts the relationship of the individual soul and God.

Transforming Evil to Good

We had a talk and discussion on the problem of ‘evil’. Swami Sivananda and Swami Venkatesananda have given very useful insights into this problem, which were shared. Through these profound teachings one is able to not only see good in everything, but finally to see God in everything by undergoing an inner personal transformation.

Annual Gathering of Members (AGM)

The ashrama convened its Annual Gathering Of Members, an euphemism for Annual General Meeting. A new and extended committee was elected and trustees were re-elected. Swami Parvathiananda also gave a talk on the history of the ashrama, for which she is currently preparing a book.

Swami Sivananda Sannyas Diksha Day



On 1 June 1924 Swami Sivananda took the formal vows on a sannyasi, a renunciate. This heralded the beginnings of the illumination of Swami Sivananda. The ashrama celebrated this important event on 1 June 2023 at which Swami Parvathiananda shared various aspects of Swami Sivananda’s teachings as well as some anecdotes of his life.

Swami Parvathiananda's Birthday



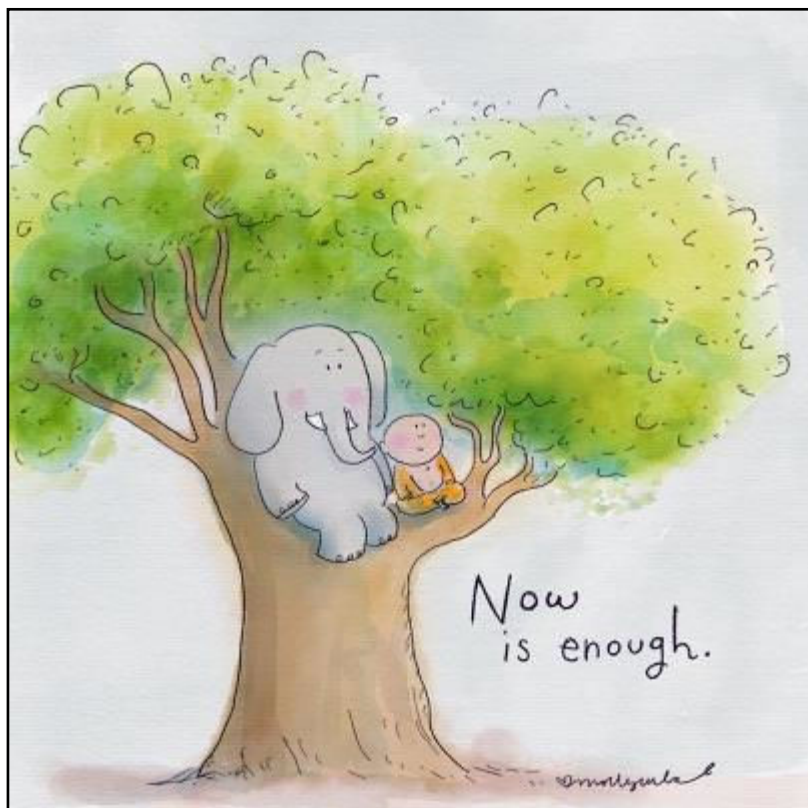
Swami Parvathiananda's 81st birthday was celebrated with a special satsang. Swamiji is currently writing a book on the history of the

ashrama, which is due for release this year. Anyone who would wish

to contribute toward the publishing costs, can contact the ashrama at info@anandakutir.org.za. Your sponsorship is most appreciated.

The usual satsangs and yoga classes were continued. It is a joy and blessing to share the sacred space of the ashrama with friends and fellow devotees.

Yours in Prem and Om,
Vidyananda



Cosmic Links

“The purpose of relationship is not to have another who might complete you, but to have another with whom you might share your completeness.”

Neale Donald Walsch

“You cannot wait for someone to save you, to help you, to complete you. No one can complete you. You complete yourself.”

Oprah Winfrey

“Everything you need you already have. You are complete right now, you are a whole, total person, not an apprentice person on the way to someplace else.”

Wayne Dyer

“Love alone is capable of uniting living beings in such a way as to complete and fulfill them, for it alone takes them and joins them by what is deepest in themselves.”

Pierre Teilhard de Chardin

“Do not waste time trying to overcome your weaknesses and failures. Simply raise your consciousness, transcend and free your thoughts from limitation and illusion, and find within the very center of your being a wholeness and completeness! Cease wallowing in your imperfections and never accept limitations! Aim high, and you will get there. It is only your thoughts that hold you back.”

Eileen Caddy

“Life calls not for perfection, but for completeness.”

Carl Jung

“The question of love is one that cannot be evaded. Whether or not you claim to be interested in it from the moment you are alive you are bound to be concerned with love because love is not just something that happens to you: It is a certain special way of being alive. Love is in fact an intensification of life a completeness a fullness a wholeness of life.”

Thomas Merton

“What's my philosophy? In a word, integral. And what on earth-or in heaven-do I mean by "integral"? The dictionary meaning is fairly simple: "comprehensive, balanced, inclusive, essential for completeness." Short definition, tall order.”

Ken Wilber

My Task Is Complete

By Sri Swami Sivananda



My purpose is achieved. The entire circle of birth and death is over. I have realised the perfect bliss of the atman. I have known myself to be Brahman. I am free. I am perfect. I am independent. I enjoy bliss. I enjoy the bliss of the immortal soul.

I am brimful of perennial joy. A self-effulgent light burns in my heart. I have broken all illusory relationships. Now there is no husband, no wife. Now there is no cousin and no grandfather. It is all one homogeneous essence of bliss only. Now my task is complete.

I am free from doubt. I am free from delusion. Why should I study the scriptures? I rest in my own essential nature. Now, where is the necessity for meditation? I act like any other human being. I bathe, I sleep, I sing, I answer the calls of nature, I work, I write, I walk, I eat and I talk. And yet, I do

not perform any action at all.

I am the witness of all these processes. I am identical with Brahman. These acts are not obstructions to me. All these dealings are perfectly harmless. I am not susceptible to viksepa (the disturbance of the equilibrium of the mind).

Where is the necessity for samadhi for me? Viksepa and samadhi are functions of the mind only. I have obliterated the mind. I am continuously experiencing the satisfaction which results from samadhi.

Let people have any opinion of me. Let them glorify me. Let them vilify me. It matters little. "Sivoham. Sivoham. Sivoham. Sivah Kevaloham."

I have risen above ignorance. I have risen above my knowledge of this seeming universe. It is not only escape from misery and grief. I enjoy the joy eternal, the joy unspeakable, the joy supreme, the joy unbounded.

What is this joy that I feel? Who shall measure it? I know nothing but joy limitless and unbounded.

Gurudev Sivananda

By Swami Venkatesananda



Often we come across descriptions of enlightened sages, yogis who had attained self-realisation and jivanmuktas (they who had gained liberation while still living here).

Once you begin to think of Gurudev, remember him, remind yourself of the way in which he walked and talked, the way in which he laughed and lectured, the way in which he smiled and frowned, your whole being is flooded with reminiscences which keep flowing as if a dam had burst.

Sometimes we are tempted to compare Gurudev with this or that holy man. But truly he was incomparable. In fact, he was indefinable and therefore

unpredictable. He had no stereotyped behaviour, set responses and rigid routines. In him contradictions were reconciled into a complete wholeness and the changes blended into an unchanging light that defied description. There was no dogma in him and yet he was not necessarily opposed to dogma. He was not opposed to anything, not even to opposition! He was incarnate love, and that love was unlike anything that you and I have experienced.

'Brahmavit brahmaiva bhavati', declare the scriptures: "He who knows Brahman becomes Brahman." In him the ego ceases to be recognised as an independent entity. When we speak of one another we are really speaking of the little ego - praising or condemning, affirming or denying. But when we speak of Gurudev Swami Sivananda, we speak of Brahman the Infinite, in whom there was no ego to be thus described nor an (egoistic) state known as egolessness.

One can only say that if God (truth or love) walked the earth, it would be as Gurudev Swami Sivananda did. His life was divine. It is. It shall ever be. He exists and shines in your heart as your own Self.

News from Children Of Light Educare

MESSAGE FROM PRINCIPAL

Mala Makan

Loving greetings, dearest friends of COLT. I hope you and your loved ones are keeping warm this chilly winter! It is a bitterly cold one this year in Cape Town and as we reach for our warm jerseys and heaters, one can't help but be grateful for all the comforts we have been blessed with in this life.



According to the 2021 State of South African Cities report released by the South African Cities

Network, 1 in 5 people in Cape Town live in an informal dwelling, around 45% of citizens live on R1300 or less and 1 in 4 residents did not have adequate access to food. These stats are likely understated in a post- COVID South Africa burdened with additional challenges like loadshedding, inflation and high levels of unemployment.

It is against this backdrop that we give thanks to you, our loyal friends of COLT, for your continued support despite the hardships we are all facing.

May God bless you all and thank you for your generosity and well wishes.

ANNUAL GENERAL MEETING

The Children of Light Educare Trust held our AGM meeting at our premises on the 10th of June 2023.



It was wonderful to have so many of our friends join us as we reviewed the year that was and

concluded the governance processes required for the educare. Swami Vidyanandaji opened the meeting in prayer, Principal Mala provided an update on the activities at the educare, the Treasurer, Marchelle Whitebread, provided an overview of the financial statements and we were honoured to have Evelyn Holtzhausen deliver the keynote address. Evelyn is a keen hiker, a member of the Mountain Club of South Africa, a published author and a co-founder of Forest Bathing South Africa.



COLT also launched two key fundraising initiatives at the AGM - "Back-A-Child" via a crowdfunding platform and a Brunch Event to be held in August. Details around both these are included on pages 12 and 13 of this newsletter.

GRADE 1 APPLICATIONS FOR 2024

COLT continues to support our children beyond the educare

phase by ensuring all graduating children are placed in a mainstream school for Grade 1 for the start of the next academic year.



The process for 2024 applications into Primary schools have already begun and Teacher Nushfeekah has been busy working with parents to ensure that they find placement for the academic year.



Without this support, many of our children will not get admissions into primary school as the process is daunting for our parents.

This year, the applications process is via an online platform and some of our parents don't have cell phones or the know how to complete applications. More importantly, they often don't have the confidence and courage to deal with school officials - who often turn them away when they realise where they come from.

Some of our parents don't have IDs or birth certificates for graduating children.

These are major hurdles that prevent our children from access to a basic education. It is for this reason that COLT intervenes and supports parents through the process. Teacher Nushfeekah even accompanies parents to the Department of Home Affairs to help them apply for and collect childrens' IDs and birth certificates.

DANIEL'S JOURNEY



Those of you who have been following Daniel's story will know him as a much beloved ex-pupil of COLT - he was in fact one of the six children from the original in-take when COLT opened its doors in 2017. Post COLT, Daniel was admitted into Morgenson Primary school and has been thriving there.

Unfortunately, Daniel's mom has contracted TB and is now too ill to take him to school. When Teacher Nushfeekah heard he was missing school and at risk of being de-registered, she went personally to his school to understand how we can better support him given his mom's illness. Since then, our COLT driver has been transporting Daniel to and from school while we try to get him onto the school bus. We are trying to support both Daniel and his mom through this and we pray for her speedy recovery.

MAGMOEDA'S STORY

Magmoeda is the little sister of one of our past pupils from COLT. She desperately wants to come to school but does not have support of her parents - in fact, she is neglected at home. We have raised her situation with the local branch of Child Welfare and constantly follow up with social workers but so far, there has been no assistance or support for her.



Magmoeda used to run to the school bus everyday and ask if she can come to school. When we realised her plight, we decided to take her in and take care of her at the school. She comes to school dirty and wet everyday. Teacher Nushfeekah gives her a bath everyday and puts on clean clothes for her. She is an extremely bright child and very keen to learn. For now, we are keeping Magmoeda with us until she is placed in primary school.

LANTERN FESTIVAL



The lantern festival was held on the last day of the term which was also the Winter Solstice. The festival represents the rhythmic cycles of the seasons and how we move from one season to the other. The children walk a labyrinth and place their individual lanterns in the middle - this represents each of them getting ready for the change and finding the light and warmth within us.

WELCOME TO IMAAM KEMP

Please join us in welcoming our new intern, Imaam Kemp, a graduate of the Chrysalis Academy, to the COLT family. Imaam was placed at COLT in April and will be with us until March 2024.

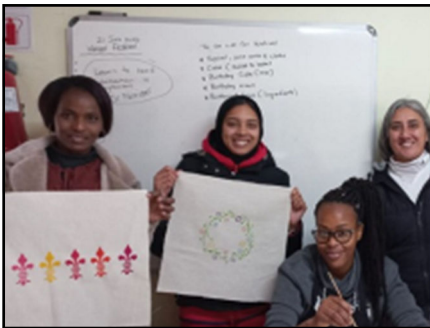
Imaam has already made a massive contribution to the educate. She is reliable, keen to assist and has a naturally warm demeanor with teachers, staff and our children. She is very interested in completing her Early Childhood Development training. In fact, this week, she is

attending the National Curriculum Framework training at the Crawford College Cape Town campus.



While at COLT, Imaam is interning as an Educare Assistant in the Grade R class with Teacher Nushfeekah.

We thank Imaam for her involvement with COLT and look forward to walking this journey with her over the rest of her internship.



For more information about the Chrysalis Academy, please visit <https://chrysalisacademy.org.za/>.

SPECIAL APPEAL - ROOF REPAIRS

Our Grade R classroom is currently unusable due to the numerous leaks in the roof. With all the heavy rains we have experienced over the last few weeks, the classroom has been flooded and this has rendered the space uninhabitable for children and teachers.



The repairs needed to the roof are quite extensive as it looks like the entire roof needs to be replaced. The pitch of the roof is too flat and needs to be rebuilt. The quotes we have received for the interim fix is around R20 000. Please contact us if you are able to assist in any way to complete this work.

FINANCE UPDATE

As you are aware, our reserve funding was depleted over the course of the year as we prioritised completing building renovations that were necessary in order for us to meet the compliance requirements needed to be registered with the Department of Basic Education (DBE). We are proud to share that we have since received our certificate of registration from the DBE but are in a precarious situation with finances.



On average, it costs around R30 000 a month to run the Educare and meet all our fixed costs. This includes the stipend for teachers and our driver, petrol, insurance and security. This average cost does not include any variable costs like repairs and maintenance - which inadvertently does come up over the course of the month.



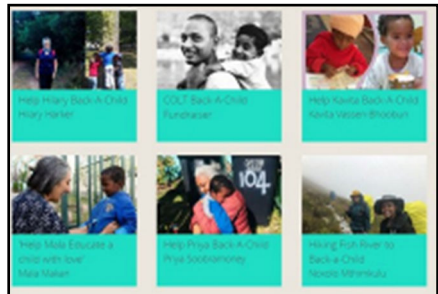
In addition to that, we have a number of unfunded but necessary expenses to meet in the coming months.

These include Auditing costs - R28 500, PBO registration costs - R2 500, UIF costs - R2 500, fundraising event costs - R16 000.

Our average income in a month is around R20 000 - which leaves a significant gap in our running expenses. So far we have been able to meet all our expense obligations but need to urgently focus on raising funds to continue to do so for the rest of the year.

UPCOMING EVENTS

Back-A-Child Crowdfunding Campaign



In response to an urgent appeal to assist with raising funds for COLT, a crowdfunding initiative was launched in June 2023. This campaign will run to the end of July 2023 and is aimed at raising funds for operational expenses at COLT - predominantly the cost of providing free meals, transport and education to our children. A number of friends have come forward and registered individual campaigns on www.backabuddy.co.za and to serve as ambassadors for COLT. So far, the team has raised a total of R31 056 through 6 active campaigns.

COLT Brunch

Come join us for a morning of great food, music and family fun at the Venue on Par in Wynberg on Saturday, 12 August 2023. There will be entertainment and great prizes on the day so don't miss out!



For tickets and more information, contact Maya on 083 799 4043. Space is limited so get your ticket soon to avoid disappointment. We look forward to seeing you there!

THANK YOU FOR YOUR SUPPORT

Please support this initiative by contributing to one of our ambassador campaigns or by contributing directly to: <https://www.backabuddy.co.za/champion/project/colt-back-a-child-fundraiser>.

To find out more about how you can contribute or get involved, please contact Priya Soobramoney on 079 1000 990 or via contact@colt.org.za. Every contribution helps so please also help us raise awareness for this campaign by sharing the link with your social circle.



Wisdom from Mother Yogeshwari

SAMSARA (The cycle of life)

**Oh we don't know where we're going and we don't know where
we've been**

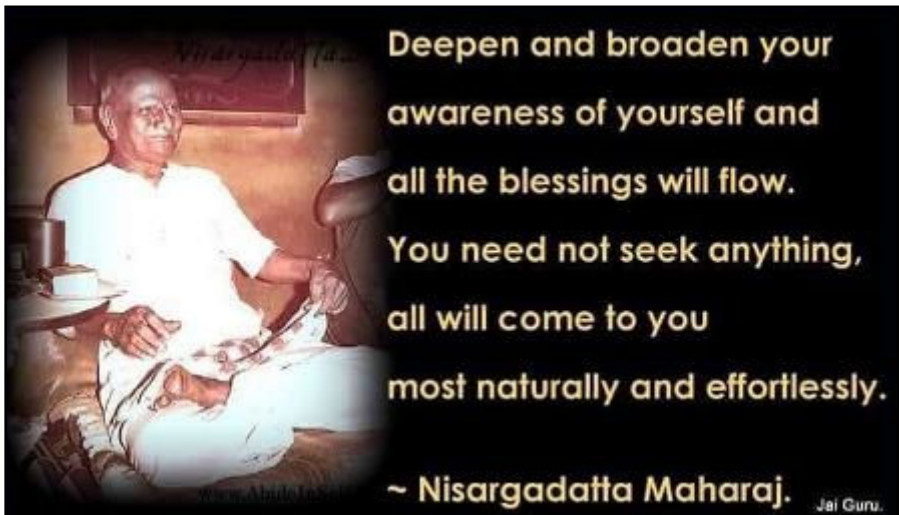
Cos we're out of our minds!

**That's the way it's going to be until we are completely free
Of all that binds**

**We read the scriptures, practise Yoga, study teachings galore,
Sit for hours in meditation, then ask the vital question,
WHAT FOR?**

**That's when we discover that there's much more under cover
Beyond what we feel.**

Consciousness alone exists, and That and that alone is real



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:

24 Sprigg Rd,
Rondebosch East, 7780
Cape Town, South Africa

Banking Details

Donations to the Ashrama

Bank: Standard Bank
Branch code: 051001 (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: 051001 (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)
Account name: Children of Light Educare Trust
Account No: 9322073615
Reference: Your name & purpose of payment