



December 2020

## Spiritual World Society Theme of the Month

# We Are Spirit Becoming

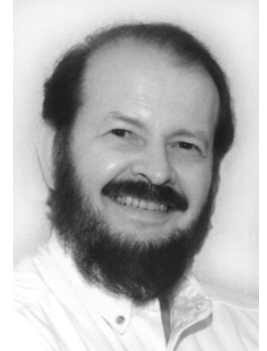
The central idea is that you and I are spirit which expresses itself through these bodies of ours. We really are. When we talk about a person, spirit sounding through. You are a form that spirit is moving and expressing through. It's a very helpful distinction that this essence and consciousness is your true nature and it's expressing through your face and form.

You are being sounded through, that this form of yours, this life of yours, is spirit sounding through. So, in back of those eyes, in back of that face, in back in that body is you—you are spirit sounding through this form, through this life. Try to get that understanding and just by appreciating it or working with it, playing with it. So, think of yourself as, "This is my mask, this is my form, but I am the spirit sounding through this face and form."

It's really worthwhile to just think about this and work with it. Just strive to get a sense of the spirit and energy and consciousness that's expressing through this form—that you're not the body, the body is that which you sound through. That's a wonderful idea, a high idea, a great idea, a great understanding and working with it through the years you get a sense, "I am spirit. And

this is the form I'm expressing through." It makes all kinds of difference in the way you view yourself, your life, your world and other people.

But there is one more step if you want. A central idea of yoga goes a bit farther. The yogic idea that builds on this is that what you and I are, we are *becoming*. Spirit is expressing actively through us. We're not just a mask. We are spirit in the process of becoming. In other words, spirit is manifesting this universe, manifesting you and me. And so spirit is



Ramakrishna Ananda

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*"We are spirit in the process of becoming."*

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continuously expressing us and there's all this constant becoming going on.

"I'm not just something spirit is sounding through. I am spirit in the act of, moment by moment, day by day, spirit becoming. Spirit is manifesting as me. Spirit is expressing as me. I am an expression of spirit. I may not know it or I may grow an awareness of it. As I walk the earth, spirit is engaged through me individually and you individually in a becoming way."

*Continued on page 2*

## Important Message

# Meet Us Online

It's hard to believe its Holiday time. Unfortunately, we need to continue suspending all in-person Yoga Center classes and events. However, we have many special online treats for you to enjoy.

Ramakrishna Ananda continues to create many new, inspiring video messages to help us stay centered, focused and spiritually uplifted.

We now have these weekly events: 4 Hatha and Chair Yoga Classes; 3 Meditation classes; Higher Yogas

with Ramakrishna Ananda's audios and a Pranayama class. If you can't make it to a live class, you can access more than 350 videos on the Members page.

The Yoga Center Support Group which we recently launched has been a blessing to all those who have participated in it. If you are free at 10:30 am Wednesday mornings, please join in with the camaraderie.

We always have a Christmas Eve celebration, and 2020 is not an exception. We'll be having a Zoom Christmas Eve celebration on Thursday, December 24. More details are coming soon. Everyone is welcome.

## Becoming cont.

Spirit and becoming. It's not a finished product. It's a developing product. It's a dynamic product, dynamic creation. You are spirit in the act of a manifesting. As you live and breathe, spirit manifesting, spirit in action, spirit occupying time and space, spirit manifesting itself as you.

So, Sri Aurobindo's great words that I just love: "God, spirit is being and you are that being acting. You are that being becoming." God is being. You are a becoming. It's abstract, I know. But if you can sense your being, then you can sense what that being is about. And it's becoming day by day by day throughout your life as you. You're not just something spirit is sounding through, in your totality you're being and becoming. Rather exciting I'd say. You are spirit manifesting itself on the planet. Yes, you.

Sri Ramakrishna emphasized we are evolving beings. We're becoming. Hopefully more and more spirit is coming through and expressing through us, hopefully. Sri Ramakrishna emphasized that spirit is both static and infinite but also dynamic. And he called that dynamic aspect spirit *Divine Mother* or *Shakti*, energy. The dynamic aspect of spirit moving forward and moving through us is becoming, becoming, becoming becoming becoming. Just

### Posture of the Month

## The Backward Bend

The Backward Bend is the companion pose to Jack Knife. After doing the Jack Knife, we move right into Backward Bend, mentally affirming, "I am free, I am free." This gives us an opportunity to feel the triumphant freedom that is suggested by this position and attune with Cosmic and Christ Consciousness. This pose expands the chest, promotes deep inhalation, and develops flexibility of the spine.

- Bend your left knee with the foot flat on the floor and the lower leg perpendicular to the floor.
- Extend your right leg behind the body and balance your weight at the top of the kneecap.
- Lift up your spine.
- Inhale and raise both arms in prayer position

continuous becoming of spirit. That's why we call our way of yoga Life Realization. The shakti aspect striving to understand what is wonderful energy is doing, manifesting us. It's just so much one of our themes, Life Realization. It's about being and spirit through us becoming.

If you center your awareness in your being, you can more easily be aware of what that being is becoming. And there are various ways to experience your being so you can better become. Hopefully, we're not the same irritable teenagers we used to be. I mean, a lot of people don't do much growing and developing. They get this locked-in personality and this locked-in mindset and there is just not much being experienced and not much becoming accomplished. And we're here to become.

We're here as little, tiny spiritual beings to become, to manifest spirit all our days, which is an exciting thought, especially if we're stubborn because we're resisting that, or if we have various other personality flaws. We are sabotaging, blocking *the becoming*, that we came here to do. We're here to become. And that's not enough, the next day we've got to become again. The trust in spirit is this continuous becoming, shaping, refining, developing, not just getting a certain momentum and coasting—becoming.



- and bring them next to the ears.
- Gently bend back and look up at your hands with your neck relaxing back.
- To release, bring your right foot forward and try to stand up without using your arms if possible.
- Repeat on the opposite side.

## CALENDAR

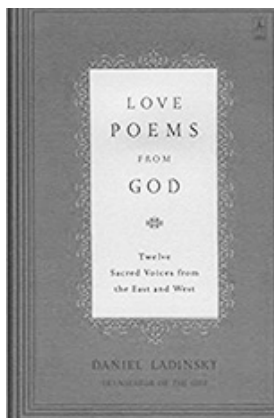
DEC 24	<p><b>Christmas Eve</b> 7:30 pm</p> <p><i>Celebrate on Zoom with Ramakrishna Ananda</i></p>	WED	<p><b>Hatha Yoga Asanas</b> Wednesdays 4:00 pm</p> <p><i>Join Radha weekly</i></p>
SUN	<p><b>Ramakrishna Ananda Messages</b></p> <p><i>See Members page link for weekly messages</i></p>	WED	<p><b>Weekly Meditations</b> Wednesdays 5:30 pm</p> <p><i>With Bharata and Ramakrishna Ananda audios</i></p>
SUN	<p><b>Sunday Morning Services</b></p> <p><i>See Members page link for a new weekly service</i></p>	THUR	<p>Higher Yogas with <b>Ramakrishna Ananda</b> Thursdays 5:30 pm</p> <p><i>Audios by Ramakrishna Ananda, hosted by Kali Devi</i></p>
MON	<p><b>Hatha Yoga</b> Mondays 10:00 am</p> <p><i>Join Lilamayi weekly</i></p>		<p><b>This month's great topics:</b></p> <ul style="list-style-type: none"> <li>• The Transmitter and Receiver, a special December class</li> <li>• The Five Levels of Mind and How to Move Through Them</li> <li>• Enjoy a Better Life with Creative Visualization</li> </ul>
MON	<p><b>Hatha Yoga Asanas</b> Mondays 4:00 pm</p> <p><i>Join Kali Devi weekly</i></p>		<p><i>Please note there will be no classes on Chistmas Eve or New Years Eve</i></p>
TUE	<p><b>Gentle Chair Yoga</b> Tuesdays 11:00 am</p> <p><i>Join Radha weekly</i></p>		FRI
TUE	<p><b>Experience the Power of Pranayam</b> Tuesdays 5:30 pm</p> <p><i>Join Kali Devi weekly</i></p>	FRI	<p><b>Open Your Heart Meditations</b> Fridays 5:30 pm</p> <p><i>Join Sumedha on Zoom</i></p>
WED	<p><b>Support Group</b> Wednesdays 10:30 am</p> <p><i>Hosted by Sevamayi and Lilamayi</i></p>		

## Book of the Month

# Love Poems from God

By Daniel Ladinsky

In both Eastern and Western spiritual traditions, saints and mystics have been recognized as having communion with the Divine. This book contains poems from twelve holy men and women, six from both East and West.



## Yoga Center Theme of the Month

# Cosmic Consciousness

Most people roam the earth seeking fulfillment and lasting satisfaction. They do amazing things to themselves and/or others in this pursuit, yet infinite love, self-esteem, inner power, peace of mind, joy, and the skills for fulfillment are already there inside us, waiting to be discovered and developed.

The Atman, your inner self, is ever available to help you more than you can imagine. We are all meant to live in a state of Cosmic Consciousness, or Christ Consciousness for believers.

## Gift of the Month

# Chants by Guruji

The 50th Anniversary December gift is a recording of chants by Ramakrishna Ananda. It is inspiring and thrilling to hear yoga chants being sung by a yoga master. Also included are two original chants by Ramakrishna Ananda which are sung by Ramprasad.

Enjoy listening to these chants on a YouTube playlist. May these shakti-filled chants be a blessing to your life now and for years to come.

## Inspiring Quote

*All that you see is the manifestation of God's power.*

*No one can do anything without this power.*

—Sri Ramakrishna

## Pranayam of the Month

# Mind Stilling Sequence

Stills, calms and focuses the mind so that it is easier to transcend mental/emotional turbulence and experience the inner self.

**Step 1**—Inhale for a count of 10 (or 5 if more comfortable). Retain your breath for the same count. Exhale for the same count. Do 3-5 rounds.

**Step 2**—Alternate nostril breath. Using your right hand, close the right nostril with your thumb and inhale through your left nostril for the same count as before. Close both nostrils, keeping your thumb on your right nostril and using your ring and pinky to close the left nostril. Retain your breath for the same count. Keep your left nostril closed and inhale through your right nostril for the same count. Close both nostrils and retain your breath for the same count. Keeping your right nostril closed, exhale through your left nostril for the same count. Do 3-5 rounds.

**Step 3**—Put your awareness at the third eye, the point between the eyebrows just above your eyes. With your awareness at the third eye, inhale for a count of 10 or 5. Retain your breath for the same count, then exhale for the same count. You are doing the same thing you did in step 1, except your awareness is at the third eye. Do 3 rounds of step 3.