



June 2020

Spiritual World Society Theme of the Month

Your Spiritual World

The word *spirit* is used so loosely, it's hard to understand if we've got it or not! The spirit is superconscious awareness. It's more than the average amount of awareness; it's an intensified living experience. One's thoughts are intensified, one's feelings are intensified, one's vitality is intensified. Everything is intensified, beautifully intensified, wondrously intensified, so much so that you'll feel like you were asleep prior to having the spirit, or this superconscious energy being opened to you.

What is the spirit? It's a higher level of cosmic conscious energy. The scientist says, "We're living in an ocean of energy," that this energy is cosmic, universal, and it's very conscious. This energy is conscious of what it's doing. You, as you make your mind more subtle—your nervous system more subtle—will feel this energy. By becoming conscious of it, you can feel it fill your whole being, every cell in your body. By becoming conscious of it, you can ask it to help you in any area of your life and it will. And, you can also serve it. You can say, "How may I be more attuned to this spirit? How may I look after it?"

How may I cooperate with it?"

Like, people can get a bad case of heartburn and the spirit dies down. Or a bad case of lust, the spirit dies down. The thing is, spirit will help you in any area of your life that you'd like. All you have to do is tune in and let it happen. Tuning in might take several weeks or months, and it might only take this weekend.



Ramakrishna Ananda

We know we've got a body, we know we've got a

"Spirit will help you in any area of your life that you'd like."

mind, but lot of people don't know they've got a spirit. And when they think of spirit, they think of some vague cloud somewhere, that some had thousands of years ago or some claim to have today.

What is spirit? Is it imaginary vapor? It is to you, if you don't know about it and haven't felt it and haven't let it in. But if you'd like to sharpen up your concept of spirit, spirit is your source of life. Through spirit, life comes into your mind and

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Important Message

Meet Us Online

In an effort to best safeguard the health and well-being of our members, we are continuing to suspend all Yoga Center in-person classes and events throughout June. The retreat is also canceled.

While we all miss being together physically during this difficult time, we can get together and inspire each other online. You're invited to join us for online classes that include audios of Ramakrishna Ananda teaching the Higher Yogas

class for each week; meditation classes; pranayama classes; chair yoga classes, and hatha yoga class audios. We're adding events, so be sure to check the weekly emails we send out for invitations. And, in case you missed any of the previous classes, they are now available on-demand. So you can listen to them whenever it's convenient for you.

Inspiring online Sunday Morning Celebrations are added each week, including Ramakrishna Ananda's talks. Simply go to Yogacenter.org, hover on *Events* in the main menu and select *Spiritual World Society*.

Your Spiritual World

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body, emotions. You couldn't move without spirit, so everybody's got some spirit. Spirit is the source of life, of love, of wisdom. So, when you're low on life, dragging, it means you haven't admitted or maintained the spirit very well. When you are dumb, just acting like a zombie, it means you're not allowing spirit into your life. When you have any of the negative emotions, you have not invited and maintained spirit there.

Spirit is the essential ingredient in a truly happy life, in a life that lasts in its happiness and its beauty. So, what do you need? Mainly you need more spirit, to receive consciously more of the spirit. You've already got spirit in order to live—that's an act of the spirit that you can move and think and talk. But to realize this spirit, to become conscious of it and to invite it more fully into your life, that is like inviting life itself into your life—more life, more consciousness, more awareness. What do we need? We need more spirit. More than a protein pill, we need spirit. A good meal for a yogi is designed to give you more spirit. A nice conversation, the goal is more spirit.

Some people consciously are aware of spirit and

concentrate on it. Others let spirit happen to them by accident. Let's say they're nice, they're kind and they wonder why it's such a pleasure to be kind, because in being kind, they allow more spirit to come into their being, to come into the relationship. What do we need more than anything else? Spirit, folks, spirit. Wherever in your life you admit more spirit, you're going to have a finer life.

Spirit will give you a finer life experience, first off. Spirit will give you insights when you need them. Spirit will give you help anytime you need help. Spirit will give you power when you need strength to go through an ordeal or deal with an obstacle. Spirit will give you joy. When you've got lots of spirit going, you live in joy. You can't really get the spirit going; you do your best to allow it to express. And then it just keeps going; you live in joy. You need more endurance? Invite spirit, spirit will help you.

You've just done the energization practices. They invite more spirit into your body, so do the postures, so does meditation. You want to know your purpose in life? How can we know our purpose when we're not conscious of our main ingredient, spirit? So, if you're unclear about your purpose in life, invite more spirit. And with more spirit in your life—more of this cosmic conscious energy in your life—you'll be quite clear about what your purposes are.

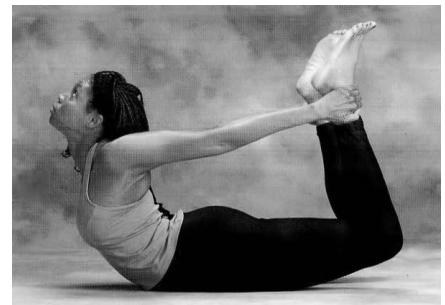
Posture of the Month

Bow or Rocking Bow

Why do it? The bow works on the entire spine, bringing flexibility to cervical, thoracic, lumbar and sacral areas, helping to keep your spine elastic. It also invigorates your internal organs, especially the digestive organs, liver, spleen and pancreas. What's more, the bow increases your energy and vitality.

- Lying on your abdomen, bring your forehead to the mat.
- Bend your knees and hold onto your ankles.
- Inhale, raise your head, chest and thighs off the mat as high as possible. Your entire body will be resting on your abdomen.
- Try to straighten your knees as much as possible. This will raise your legs higher off the

ground, giving a better arch to your back and opening your chest.



- Hold for at least three deep breaths.
- The optional **Rocking Bow** enhances the stretch. Inhale as you rock back, and exhale as you rock forward.
- To come out of the pose, lower your head, chest and thighs to the mat.
- Before releasing the ankles, try to pull them toward your buttocks. Then release your ankles, lower your legs.

Yoga Center Theme of the Month

Ahimsa, the One Life and Enthusiasm

Ahimsa, or Nonviolence, means having respect for all living things and avoiding violence toward others. It is one of the key, ancient virtues of the Buddhist, Jain, and Hindu religions, inspired by the idea that all living beings have a spark of divine spiritual energy. Therefore, to hurt another being is to hurt yourself.

Ahimsa can also be translated as “compassion.” The word is derived from the Sanskrit root “hims” which means “to strike”. “Himsa” means injury or harm; “a-himsa” means the opposite, to cause no

injury, do no harm. We begin to see forgiveness and empathy, for ourselves and others, as real acts of nonviolence.

As our yoga practices become an ever deeper part of who we are, we sense a unity with all creation, a reverence for all life. We feel a natural enthusiasm for knowing our own true self and the true self of others. Ahimsa becomes almost second nature for us, part of our life force and expression as human beings.

JUNE CALENDAR

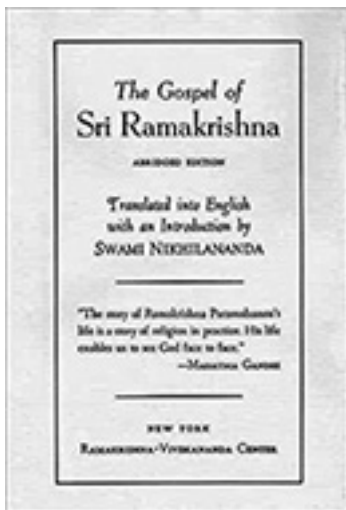
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| SUN | <p>Sunday Morning Services</p> <p><i>Visit Yogacenter.org for a new service each week</i></p> | JUNE 11 | <p>Higher Yogas Energy and Willpower</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p> |
| TUE | <p>Chair Yoga Tuesdays 11:00 am</p> <p><i>Join Radha for a weekly gentle postures class</i></p> | JUNE 18 | <p>Higher Yogas Meditation—Mindful Breathing</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p> |
| TUE | <p>Experience the Power of Pranayam Tuesdays 5:30 pm</p> <p><i>Join Kali Devi weekly</i></p> | JUNE 25 | <p>Higher Yogas The Five Sheaths</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p> |
| WED | <p>Free Meditations Wednesdays 5:30 pm</p> <p><i>Bharata hosts a different technique each week</i></p> | JUNE 26-28 | <p>Free Online Retreat Getting Caught Up with Sri Ramakrishna</p> <p><i>Save this weekend for this special event with replays of Ramakrishna Ananda’s 2015 Palomar retreat, satsang and group discussions.</i></p> |
| JUNE 4 | <p>Higher Yogas Aura and Energy</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p> | | |

Book of the Month

Gospel of Sri Ramakrishna

by Sri M, Translated by Swami Nikhilananda

On account of his deep mystical experiences and constant absorption in God, Sri Ramakrishna (1836 - 1886) is regarded as being of the stature of Krishna, Buddha, and Christ. *The Gospel* is the record of his conversations, which are unique in their breadth and depth. Profound spiritual truths are here described in simple words and vivid stories, revealing the divinity of man and the spiritual foundation of the universe. We recommend both the full and abridged versions.



Gift of the Month

Your Spiritual World

This month we have prepared a special gift for you. Since we are not able to have a physical retreat right now, why not enjoy an online retreat experience?

You will receive a link in your weekly emails to a new, members-only section of our Yoga Center website. There you will find Ramakrishna Ananda's very first Palomar Mountain retreat, *Your Spiritual World*. This online retreat features:

- Numerous audios with several guided meditations
- Excerpts and key points of the talks
- Many beautiful landscape watercolors

Pranayam of the Month

Ujjayi Breathing

Why do it? This is a gentle breathing practice that tones the nervous system and helps you internalize your mind and emotions, so you are more centered in your compassionate inner self. There are many different variations of the Ujjayi breath. This is one we do in our Ashtanga class, and it is particularly good for helping you let go of mental turbulence and internalizing your senses.

How to do it:

- Tense the muscles around the anus (Moola Bandha), inhale, also lightly tensing the glottis.
 - Release Moola Bandha and relax the glottis as you exhale.
 - As soon as you complete your exhalation, inhale and begin the pranayam again.
 - You can start doing this pranayam five times, gradually increase to twenty rounds.
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- Quizzes to test your knowledge and understanding

The members section also contains your April audio gift, *Inner Power and Inner Gifts*, and your May booklet gift, *Discover the Miracle of Prayer*. You will also find there the playlists of our various online classes. We recommend you bookmark the members page as more features are coming.

Inspiring Quote

I see God Himself who has become all these: men, images, etc. I see one alone in all these things.

—Sri Ramakrishna