



February 2020

## Spiritual World Society Theme of the Month by Guruji Triumph Over Obstacles

Most all of our problems come our way because of ignorance. That's a rather painful thing to hear, because generally a person on the spiritual path is more sensitive than others and more keenly conscious than others—even a little bit more conscious, anyway. And it doesn't seem to make sense. There doesn't seem to be any justice to then have a problem or an obstacle. It doesn't add up. There are lots of other people we could see that should have the problems we have instead, who are much more deserving perhaps.

And it's pretty hard to come to grips with problems because generally one feels if you have a problem, and you've studied about the law of karma, the law of cause and effect—that whatever happens to you is an effect of a certain cause that you think or feel. It doesn't seem just, it doesn't seem right, and it seems that if you're

going to have a problem, it's almost like the admission of a flaw. So, thus all problems become twice as harsh for the yogi. Not only do you have the problem, but you have perhaps



the sorrow, or the confusion, or the guilt of having a problem.

I hope as we face this whole area of problems, that we will have an idea where they come from and what to do about them. And we'll have an idea that nobody could be more delighted than this conscious Creator of this universe, nobody can be more delighted than God, to help us with our problems. There is

continual help in every area, and if you look at this planet, there are those who ignore their problems,

*Continued on p. 2*

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*Nobody could be more delighted than this conscious Creator of this universe to help us with our problems.*

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### Are you Ready to Transform Your Life?

## Free Meditations

You can join us for a free meditation class any time. That's right, it's no charge and open to everyone! All you have to do is show up.

These classes are designed for both new and long time yoga students. It's a great way to turbocharge your life and learn from some of our veteran yogis.

These proven techniques are offered by yogis who practice them. We offer five free meditation classes each week:

- » Tuesday 8 am - 9 am ..... Essential Practices for Self Discovery
- » Tuesday 5:30 pm - 6:45 pm ..... Meditations for Health and Healing
- » Wednesday 6:30 pm - 7:30 pm ..... Exploring the Art of Meditation
- » Friday 5:30 pm - 6:30 pm ..... Chakra Meditations to Open the Heart
- » Saturday 9 am - 10 am ..... Exploring the Art of Meditation

Come as many times as you like. And, bring a friend if you like. This is our fifth year of offering this free public service to Orange County.

## Triumph

Continued from page 1

don't want to deal with them. The beautiful thing about a yogi, and other people as well, the yogi wants to deal with problems.

In a sense the yogi is a problem solver. Unless the person comes to the stage when they want to deal with their problems directly as possible, in as loving and as conscious a way as possible—until they come to that point—they're not really wanting to realize what it is to be a human being or a divine expression, a divine creature. We're all told we're created in God's image. What does that mean? Certainly, it means that our roots are spiritual. And this is a great problem solver in itself.

Everybody on this planet has problems and obstacles. The ones who lead the happy life are the ones who become conscious enough to deal with problems. And those who suffer sorrow are those who will not deal with their problems. It's about as simple as that. You meet happy people, they have not rejected the problem part of their life, they face it. They deal with it directly and indirectly, and they deal with it with a certain viewpoint that becomes more and more pleasurable to see the world from. They look at problems as challenges to growth.

## Yoga Center Theme of the Month The Eternal Pranam

As a yoga student, you are familiar with the concept of *pranam* (pronounced as *pronam*). We focus inward, place the palms of our hands together, face one another and bow our heads slightly. This is done with the feeling of *my soul bows to your soul*.

This concept is integral to the practice of yoga and leads to very powerful techniques. As you practice meditation and focus inward more easily, you become more and more able to recognize and delight in the Atman, the Higher Self, both in yourself and in others. You more naturally see yourself and others as spiritual beings.

In our February classes you will learn about:

- » Yoga as being able to Direct the Waves of Consciousness
- » The Four Great Ways of Meditation
- » "Chi" Force—and the Breathing Principle
- » The Real Self vs. the Phony Self—and the Majesty of Good Will
- » And for Sustainer Students: Intrinsic Values and the Inner Power of Yoga



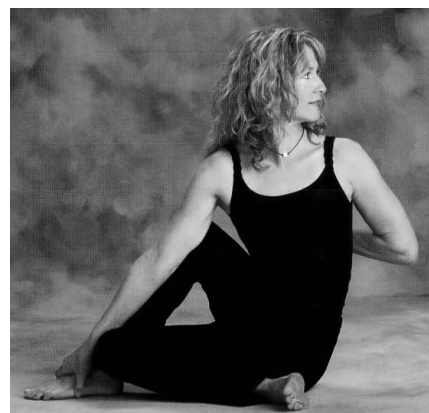
Photo by Bill Royland

## Posture of the Month Half Spinal Twist

Why do it? This pose keeps your spine elastic and rotates each vertebrae in both directions. Ligaments benefit. And it helps relieve rheumatism of the back and hips. It increases synovial fluid in the joints. It focuses on the heart organ and the heart chakra. Also, it helps bring peace of mind by toning the roots of the spinal nerves and sympathetic nervous system. How to do it:

- This is one of the many variations of the half spinal twist.
- Sit cross legged and place your left foot flat on the floor outside your right knee.

- Bring your right arm over the left side of your left knee and hold onto the left ankle.
- Bring your left arm behind your body with fingers on the spine pointed up behind your heart.
- To come out of this pose, bring your left arm back in front of you, and bring your legs back to a cross legged position.
- Pause and repeat this posture on the other side.



# CALENDAR

FEB  
2

**Overcoming Obstacles**  
10:00 am

*Ramakrishna Das will speak on the essential first step of transforming catastrophe into challenge.*

FEB  
9

**Observing Lent**  
10:00 am

*Kristapriya will share a beautiful practice for becoming free.*

FEB  
16

**Sri Ramakrishna Puja**  
10:00 am

*This worship service is in honor to Sri Ramakrishna's birth in 1836.*

FEB  
23

**Birthday Celebration for Ramakrishna Ananda, founder of Yoga Center!**  
10:00 am

*Please join us for a morning of special music and honoring of our Yoga Master and dear friend on his birthday. We will worship together and enjoy his inspiring talk.*

FEB  
23

**Birthday Party**  
8:00 pm

*Enjoy special entertainment and Ramakrishna Ananda's message for us. All are invited.*

COMING  
UP

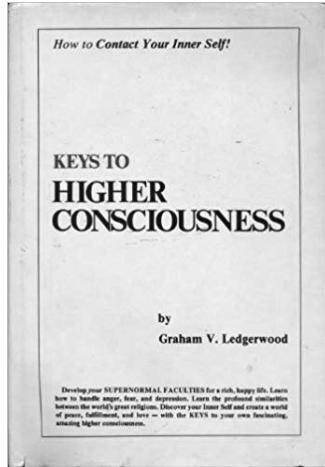
**Retreats**  
April 24-27  
June 19-22 or  
June 19-28 for 10-day  
September 11-14  
October 23-26

## Book of the Month

# Keys to Higher Consciousness

by Ramakrishna Ananda (aka Graham Ledgerwood)

This wonderful book by our Founder and Guru provides more than just the way into Higher Consciousness: It takes you there, helps you understand what is there, how you got there, and what is next. It inspires and uplifts, motivating you to achieve all your inner potential. It's a journey of profound beauty and meaning. It contains answers to a lifetime of searching. Yet, it's so thorough, clear and simple an exposition of these lofty matters.



## Pranayam of the Month

# Cleansing or Purification Breath

Why do it? This pranayama helps calm the mind, balance the life force and stimulates the lymphatic system which helps detoxify the body. You can do this pranayam for several minutes.

How to do it:

- With your right hand, use your pinky, your smallest finger, to close your right nostril and inhale through your left nostril. Do this at a natural pace for you. There is no specific count to this breathing practice.
- When you have completed the inhalation through your left nostril, use your pinky to close the left nostril and exhale through your right nostril. Then inhale through your right nostril.
- Next, use your pinky to close the right nostril and begin the pranayama again by inhaling through your left nostril.
- Repeat this 10 to 12 times as comfort allows.

## Inspiring Quote

*People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them!*

—Mrs. George Bernard Shaw



## Answer Bookstore Gift Certificate

Since joyful giving is an important part of our 50th Anniversary, we're giving everyone who attends a Yoga Center or Spiritual World Society event in February a \$5 gift certificate for any purchase at our Answer Bookstore. You can use it for a gift for a friend. Or, we hope you will consider using it for the book of the month, KEYS TO HIGHER CONSCIOUSNESS.