



April 2020

Spiritual World Society Theme of the Month

Zeal and Inner Power

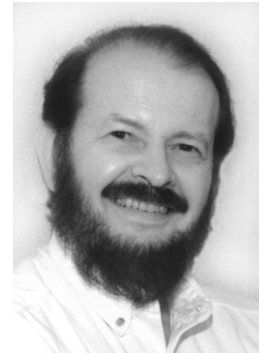
I'd like you to sense zeal and see if you can also sense zeal for the path—for God and for the path that you're walking—because a lot of people don't. They start out with zeal and then they dry out or mellow down or we get preoccupied. And if you lose your zeal there's just so much less zip in your progress. You've got to have zeal.

If you have zeal you've got tremendous power helping you go forward. Very often new on the path, you drive anywhere for more information and inspiration. You're just on fire. You read into the night, you meditate into the night. Then after you get used to everything and everything kind of cools down, your zeal goes and a lot of your power, and a lot of your possibilities fall away.

So, think of zeal in your life, consider whether you have zeal these days and see if you can open yourself perhaps in watchfulness, perhaps in this sense of awe. Let zeal happen again. It's sad to see people living without zeal, it's sad. They're like they are half alive. So, zeal—big thing. Zeal equals big deal.

So you might look to your zeal tank. See if you've got a lot of zeal in your tank. Zeal makes

it just so much fun to do the path, fun to be alive. Gives you a lot of power with which to live and succeed too. Look into your zeal zone. Just cultivate it. You find some and you just give it some space to grow and develop.



Ramakrishna Ananda

So, what this does then, it creates a condition where it's easy to become clean. Clean in this sense— clean. Pride, envy and anger fall away from you in your zeal, in your watchfulness. Pride, envy and anger fall away like an old skin falls from a snake. Cleanliness— just this falling off.

So, I'd write that down and be mindful of it because you'll know when it's fallen off, you're not feeling that way anymore. You're not feeling arrogance, envy, jealousy, anger, frustration, anxiety. Those fall away. That's a very important state—get the zeal going and let the old skin fall off. You'll know when it has—you're no longer thinking and feeling that way and suffering from it. So it's an important stage to let it happen.

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zeal you've got
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Important Message

Meet Us Online

We hope you are staying healthy and safe during these difficult times. Unfortunately, the COVID-19 situation continues to evolve in California and stay at home restrictions will be continuing throughout April. To best protect the well-being of our members, all Yoga Center activities will continue to be suspended for the entire month of April.

Even though we can't be physically together at Yoga Center, we've created a number of virtual ways to support each other and stay connected. We have some online activities we believe you'll enjoy with weekly online webinar style broadcasts:

- You'll hear an audio of Ramakrishna Ananda teaching the higher yogas class that is scheduled for that particular week.
- Free Meditation Classes

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Zeal

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Okay. Now it gets pretty sublime. I mean, zeal and awe are sublime enough but what happens this is just a generator. There are all kinds of spiritual dynamics going here by proceeding thus. Next stage is *separation* but it's really elegant. It's very subtle. What happens is, a normal person is rooted in the senses and in the world and things of the world. You're rooted in the world and just being a creature and trying to get through life. You switch your roots—you become rooted in spirit, in God, in essence, in soul. You become rooted in divine service. That's the way to do it, rooted in divine service. You're no longer stuck in the world or caught in the world, bound in the world. Your roots

change, you're rooted above or rooted in essence instead of matter.

The sign that you're rooted in spirit is you love to serve God and your desire for fame and wealth fades because you're doing something that's so much more meaningful and significant. You're relating to reality instead of the maya or the delusion of the world. So that's a phenomenal thing. So we'd better open ourselves to this one, realizing that that stage I already mentioned is really important. This falling away, this clean or free state from pride, envy and anger. As a result of that old skin falling away, you find your roots in the world are just kind of letting go as you're more and more rooted and confident and comfortable and full of faith and powerful in spirit.

Meet Us Online

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- Pranayam, meditation and/or other higher yogas classes
- We'll be adding more classes to these broadcasts in the coming weeks.

You will receive invitations via email. All are welcome to attend in April even if you are not enrolled in class.

To hear inspiring **Sunday Morning** Service talks, go to YogaCenter.org, pick the Events menu (on the far right) and click on Spiritual World Society. You'll find selected audios with the chants, prayers, scriptures and sermon. We are sharing a few talks from last year. It's almost like being there.

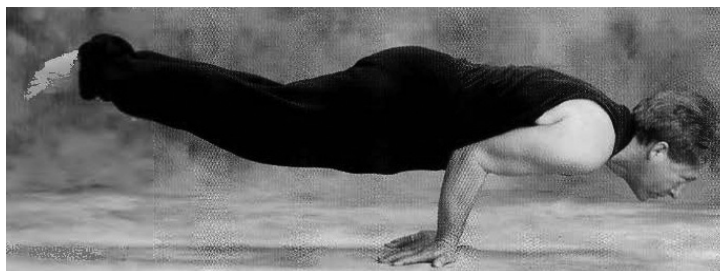
Please take care of yourself and your loved ones and join with us in focusing on and committing energy to positive affirmations for rapid containment of COVID-19.

Posture of the Month

The Peacock

Why do it? This posture massages the digestive system, helping to relieve digestive problems. It also revitalizes the liver, strengthens arm and wrist muscles, and helps develop both physical and mental balance. How to do it:

- Sit on your heels with your knees wide apart.
- Bring your hands and forearms together with palms facing upward.
- Place your hands flat on the floor with your fingers pointing toward your body. Your elbows are bent and pressing into the midriff area.
- Lower your head to the floor.



- Stretch your legs straight back. The weight is on your hands, toes and forehead.
- Raise your head up, with your toes coming off the ground.
- Your body is parallel to the floor, balanced on your hands. Hold for ten seconds.
- Lower your legs, arms and head back to the floor.

Yoga Center Theme of the Month Cause and Effect—Karma

As we faithfully practice our yoga and meditate more deeply, we begin to see connections between things that are said and done and the effects those words and deeds have on us and others. For every action there is an equal and opposite reaction.

As we become more aware of these actions and reactions, we can use our yoga practices to create a new life—even a new world—by initiating causes deep within our being. An easy place to start with this technique is to create a positive action. For example, treating a hostile customer with patience and kindness often diffuses a difficult situation and influences change, in yourself, in the customer, and in future interactions.

Study the cause and effect relationships around you. The more energy we place on the positive side of a scale the closer we are to balance, which is one of the main goals of yoga.

Spiritual World Society Prayer The Healing Prayer

This prayer is especially appropriate at this time of worldwide health crisis. Taking in mind someone who has asked for or is in need of help, please pray:

Divine Mother, this is Your spiritual world.
You are omnipresent. You are in them.
May Your divine will be done in their bodies.
Om. Jai Ma.

Divine Mother, this is Your spiritual world.
You are omnipresent. You are in them.
May Your divine will be done in their minds.
Om. Jai Ma.

Divine Mother, this is Your spiritual world.
You are omnipresent. You are in them.
May Your divine will be done in their hearts.
Om. Jai Ma.

CALENDAR

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First Online Class
Thursday 5:30pm

What is Reality? Hosted by Kali Devi and audio by Ramakrishna Ananda

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Free Meditations
Wednesdays 6:30pm

Starting on April 8th, join Bharata each week to explore the Art of Meditation

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**More Coming Soon—
Check Your Email In Box**

We plan to have more weekly events starting the week of April 7. Dates, times and invitations will be sent via email each week as we add new broadcasts.

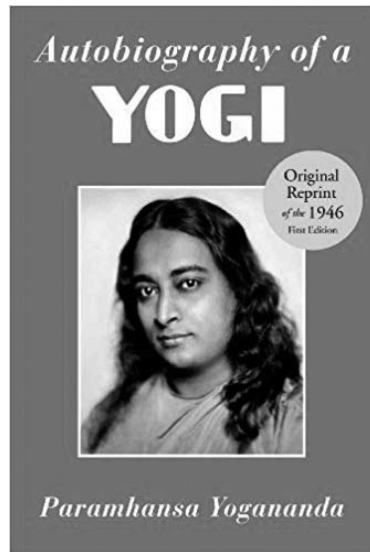
Let's stay connected.

Book of the Month

Autobiography of a Yogi

by Paramhansa Yogananda

Yogananda was the first yoga master of India to permanently live and teach in the West. The value of his Autobiography is greatly enhanced by the fact that it is one of the few books in English about the wise men of India which has been written, not by a journalist or foreigner, but by one of their own race and training—in short, a book about yogis by a yogi. As an eyewitness recount of the extraordinary lives and powers of modern Hindu saints, the book has importance both timely and timeless.

**Pranayam of the Month**

Alternate Nostril Breath

Why do it? This is a particularly balancing pranayam. It balances your life force, promoting better health, vitality and better decision making. This creates better causes and effects in your life.

How to do it:

- Using your right hand, close your right nostril with your thumb and inhale through your left nostril for a count of 4.
- Close both nostrils and retain your breath for a count of 12. (If this is too long, cut all counts in half. For example, inhale 2, retain 6, exhale 4. Don't reduce just one part of the pranayam.)
- Close your left nostril with your ring finger and pinky, exhaling through your right nostril for a count of 8. Keep your left nostril closed and inhale through the right nostril for a count of 4.
- Close both nostrils, retaining your breath for a count of 12.
- Close the right nostril and exhale through your left nostril for a count of 8.
- Repeat this pranayam 3 to 5 times.

Gift of the Month**Download Audios by Guruji**

This month we are offering a free gift valued at \$25—a download of talks by Ramakrishna Ananda on **Inner Power and Inner Gifts**. We are sending all students and devotees an email that will let you download the five audios. Listen and explore the Christian and Jewish methods for connecting with the gifts and power of your inner self. May these audios be a blessing to you in these challenging times.

Inspiring Quote

The Spirit is ever-existing, ever-conscious, ever-new omnipresent Joy; the soul is the individualized reflection of ever-existing, ever-conscious, ever-new Joy, confined within the body of each and every being.

—Paramhansa Yogananda