



September 2020

Spiritual World Society Theme of the Month Your Divine Soul

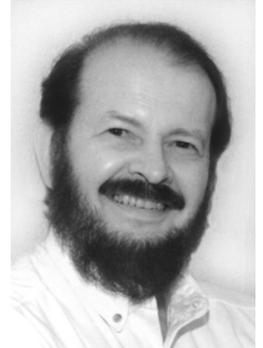
One of the main yoga questions is, “Do you know your own soul, do you know your true self?” “You mean it’s possible to live my life without knowing who I am?” And yoga says, “Yeah, that’s the situation.”

So, I’d like to enumerate the basic understanding of the soul because when you meditate that’s when you get to know your soul. When you meditate you get strengthened in your soul. Your inner love and light can come out through your mouth and your actions. It’s wonderful for the world that you decide to know your soul. That’s one less person to worry about.

Let’s talk about what the soul is in the *yoga view*. Soul is the Infinite Spirit’s presence within you. The Spirit that creates the universe, that creates humanity and all living creatures has a home office in *you*. Usually you can make contact with it in your chest, in your heart center, in your third eye, the center in the lower central forehead, or at the top of your head, the crown of your head. That’s usually where you can get to know your soul and yogis meditate in these places.

In yoga we call the soul *atman*, and *atman* is your essence, your true self or the true person, the

person that we can be always. It’s within us but, due to a sense of separation and spiritual ignorance, we don’t get to know our soul. Its wonderful help is available, but we don’t make ourselves open to this help. It’s there, it’s available. We want to discover it and let it express in our thoughts and our feelings, our words and actions. It’s very important to get to know the soul.



Ramakrishna Ananda

Your soul is life vibrating inside you. It’s a source of every cell’s life. Everything you’ve got that is living is sustained by your soul. Your soul is an expression, a distinct individual expression of the Infinite Spirit. Your soul is an expression and manifestation of God. In yoga we discover, “My goodness, something within me, my true self never dies, never dies.” What comfort that brings.

Yes, we change our body like daily we change our clothes—we put on another body. The core self that puts on that body is the soul. It’s undying, it’s eternal.

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“Your soul is a distinct individual expression of the Infinite Spirit”

Important Message Meet Us Online

Unfortunately, COVID-19 continues to surge, and, although we all miss getting together in person for classes and Sunday Morning Celebration, to protect the health and well being of our members, Yoga Center will continue to suspend in-person classes and events throughout September.

Because staying connected is so important during this difficult time, we are continuing to expand our online presence, making it available to everyone. Our

weekly events include Ramakrishna Ananda’s Higher Yogas; Meditation, Pranayams, Chair Yoga and three different Hatha Yoga classes. During most of these classes there is an opportunity to use the chat or, in some classes, be on camera, to ask questions or just say hello and connect with each other!

What’s more, if you can’t make a class at its scheduled time, you can access it afterwards on our Members page. You can go back to any previous class you may have missed and view it on-demand. Currently there are over 180 videos there, so you can binge watch any time you want!

Your Divine Soul cont.

It's beyond time, expressing in time, in the body.

We wonder about goodness. For example, when you grow up you hear your soul is involved in goodness and badness and it's getting stained and it's being destroyed by evil. In the view of yoga your soul is goodness itself—always has been and always will be. It's the ego, the false sense of sense, that gets the spots and the nicks. Your soul is goodness itself.

Your soul is wisdom. Your soul sees and remembers everything. It has a record of your life history. A lot of times we're scared. Your soul is never scared of anything. Your soul is unafraid. So, you're afraid, what if you go and make contact with your soul? You're going to lose your fear. You're going to have the ability to face and deal with your problem.

Your soul is untemptable. When people get tempted and do wrong that's because they don't have contact with their soul. Just tempt the soul with anything—billions. "I'm worth much more than billions. I'm a soul. I'm the spirit of God expressing in this form and I'm not going to knuckle under to all these delusions and temptations."

Your soul is pure, it cannot be compromised, it cannot be corrupted. Your soul is indestructible. Yeah, the body can be destroyed. Your reputation, your

Posture of the Month

The Jackknife

By being in a half-upward, half downward position, your spine becomes more supple and is lengthened. This invigorates your entire nervous system, increases blood supply to the brain, and gives a complete stretch to the posterior of your body. The Jackknife is particularly suitable for people who wish to reduce excess fat and develop good posture. It also may correct inequality in the length of legs. The affirmation for this pose is, "*What in this world can hold me.*"

- Stand erect with your feet together.
- Inhale and raise your arms over your head with palms facing forward. Keep your arms straight and next to your ears.

ego, these can all vary or be destroyed, but the soul is indestructible. It can't be destroyed. It goes on, it is Spirit itself expressing in you.

Your soul is free of all pain, it's utterly painless. Our soul is at one. It's always in perfect harmony with God. That's the yoga view. It's always in harmony. You want to be in harmony? Meditate and sense your soul.

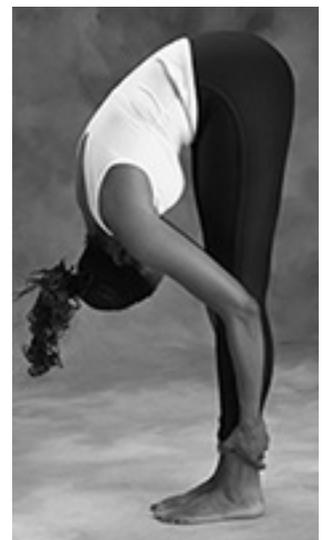
Your soul is at one and in perfect harmony with the souls of all other persons. Your soul is the *seer*, it sees the mind, it sees life from a very profound place. Your soul is the knower. Your soul is truth. Your soul is this spiritual reality out of which all this universe and you and your life express.

Your soul presides. It cares about you and the other people in the room with you. It presides—just looking to the welfare and the goodness and the happiness of everybody around. Your soul is compassionate and caring always.

You get the point? Your soul is extremely available. Your soul gives happiness but to *know* your soul is to know happiness itself. Your soul is the source of happiness. Your soul is the joy that satisfies. A lot of joys don't satisfy. So, you find knowing your soul is to *live in joy*.

May God bless you to go all the way, to find the direction within and take it and let nothing keep you from it. May God bless you thus. Amen.

- Rise onto your toes and elongate your spine.
- Exhale slowly as you stretch your body downwards, bending from the hips and keeping your knees straight.
- Hold on to the back of your legs and bring your forehead in as close to our knees as possible. Hold as long as comfortable.
- To come out, inhale and stretch back up with your arms stretched over your head again. Then bring your hands into pronam and pause.



Yoga Center Theme of the Month

Compassion, Self-Study and the True Self

For most of us, the inner self is dominantly inclined to seek either union with the One or relationship with the One. However, we all need to look within to see beyond the picture of life painted by the ego and the senses. When the ego dominates, it creates false divisions and the world appears to be a tug of war. A stick lying on a pond seems to divide the water into two parts, but when the stick is removed the illusion of separateness is dispelled and unity is revealed.

Yogis patiently confront the false images of the mind and ego with kindness, bringing them gently

along to a higher state. By controlling the Five Kinds of Ideas, we can discover and dwell in our true nature, begin to shape our life into what we want it to be, and sense a more universal selfhood.

Yogis know that we ignore *The Law of Cause and Effect* at our own risk, and that through conscious cooperation with Karma we often learn life's greatest lessons. By striving to move beyond selfish motive in thoughts, words, and actions, we are practicing Karma yoga, acting joyfully as a service without expecting reward.

CALENDAR

SUN	<p>Sunday Morning Services</p> <p><i>See Members page link for a service each week</i></p>	WED	<p>Guruji's Meditations Wednesdays 5:30 pm</p> <p><i>Join Bharata weekly with Ramakrishna Ananda's audios</i></p>
MON	<p>Hatha Yoga Asanas Mondays 4:00 pm</p> <p><i>Join Kali Devi weekly</i></p>	THUR	<p>Higher Yogas with Ramakrishna Ananda Thursdays 5:30 pm</p> <p><i>Audios by Ramakrishna Ananda, hosted by Kali Devi</i></p>
TUE	<p>Gentle Chair Yoga Tuesdays 11:00 am</p> <p><i>Join Radha weekly</i></p>	<p>This month's great topics:</p> <ul style="list-style-type: none"> • Dwelling in Your Nature—The Five Kinds of Ideas • Twoness or Oneness—How Do You Relate? • Great Ideas of Yoga • The Seasons of Life 	
TUE	<p>Experience the Power of Pranayam Tuesdays 5:30 pm</p> <p><i>Join Kali Devi weekly</i></p>	FRI	<p>Open Your Heart Meditation Fridays 5:30 pm</p> <p><i>Join Sumedha weekly</i></p>
WED	<p>Hatha Yoga Asanas Wednesdays 4:00 pm</p> <p><i>Join Radha weekly</i></p>		

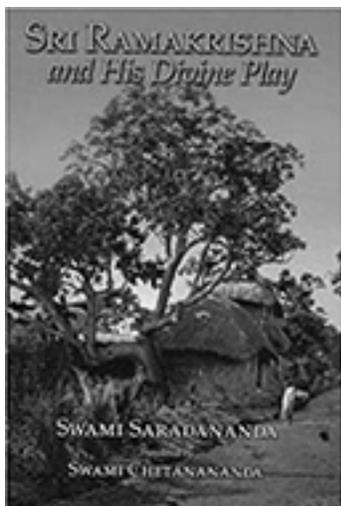


Book of the Month

Sri Ramakrishna and His Divine Play

by Swami Saradananda, translated by Swami Chetanananda

This amazing book is an authentic, factual, descriptive, interpretive, and comprehensive biography of Sri Ramakrishna. It tells the marvelous story of his life—the intimate details of how he realized God and how he taught his disciples to do the same. This book shows how Sri Ramakrishna’s life and message transformed those around him and is an inspiration to us today.



Pranayam of the Month

Viloma

As you practice Viloma, your breath gets deeper and chest feels more open. That sensation of spaciousness in your body produces a similar effect on your mind: your thoughts will seem less congested and tangled making it easier for you to experience inner peace.

- To begin, sit very upright. Take a few deep, even and steady breaths.
- Next slowly inhale over a count of 3, drawing in your breath so much that the lower abdomen expands.
- After the 3rd count, hold your breath for 2 counts.
- Then, inhale into the lungs and lower chest for another 3 counts, feeling your rib cage expand outward. Hold your breath for another 2 counts.
- Now, inhale for another 3 counts, filling the very upper region of your chest just below the collarbone. Hold the breath for 5 counts.
- Over a 10-count exhalation, slowly and evenly release your breath through your nose. Repeat this cycle several more times at a pace that feels comfortable to you.

Gift of the Month

Your Spiritual World, Part 2

By popular demand, you can now enjoy the second half of the *Your Spiritual World* retreat. This was the Yoga Center’s first retreat on Palomar Mountain.

Visit your Members page and explore:

- The Journey that Spirit takes to you
- A lively question and answer session
- Personal *divinization*
- And, fun interactive elements

The monthly gifts can now be found below the playlists on your Members page.

Inspiring Quote

The soul is neither born, nor does it ever die; nor having once existed, does it ever cease to be. The soul is without birth, eternal, immortal, and ageless.

—*Bhagavad Gita 2:20*