



July 2020

Spiritual World Society Theme of the Month

Expressing Your Nature

Are you able to relax at will? Are you able to have enough vitality? Are you able to have your mind calm and clear? Are you able to use your mind to concentrate at will? Then, are you able to have intuitive insight whenever you desire? Each of these is a sign of a *sheath* being developed. Do you automatically have joy from time to time when you meditate and readily flowing? Usually if you have joy steadily flowing it means that your *buddhi* is in tune.

If you have *ananda* it means your lower sheaths are all also working. It means you have this insight available. It means you have this ability to calm your mind because all you have to do is relax the mind into joy.

The mind is always seeking happiness—this way, this way, this way. If it can just take a swim in this joy, it's so delighted. It doesn't worry. It doesn't have problems. Let the mind swim in the joy. Being in *ananda* also involves vitality.

The more you are sensing this joy, the more you are attuned to the vitality that is throughout the universe and throughout your own being.

As you enjoy this joy, you are also able to relax.

A person who can get to the fifth sheath can have so much happening in the other sheaths. Each sheath has its certain sign. Along the way toward your realization, toward your goal, are you finding these realities as far as getting it all together?



Ramakrishna Ananda

Then also, *your expression* is an essential part too. Your dharma—your nature expressing constructively on this planet—in tune with others, in tune with life, your dharma. Are you able in your daily life to express subtle values? And are you able to live in such a way that there's improvement,

“How to get this goal? One is sahaj—attuned action.”

refinement of your skill, refinement of your nature, refinement of your relationships? Do they become better, stronger, deeper and richer? That's dharma!

Do you appreciate truth, beauty and goodness? Are you able to live

for and express truth? Are you able to enjoy beauty for its own sake? Are you able to enjoy being good and doing good? If you are doing this, then you

Continued on page 2

Important Message

Meet Us Online

As COVID-19 continues to increase in California, in the interest of safeguarding our Yoga Center members, Yoga Center in-person events and classes will continue to be suspended in July. However, like people all over the world, we are getting together virtually and inspiring each other with the teachings of Ramakrishna Ananda and Yoga Center.

We invite to you come to our online classes which, in addition to their scheduled times, are

now all available on-demand on our new Members page. If you've missed any past classes, check out the Members page. You just might find a class you wanted to attend but missed. And be sure to check our weekly emails for new classes we're adding that aren't in the monthly calendar yet.

You'll also find all 50th anniversary gifts on the Members page, including the Ramakrishna Ananda's 2015 retreat. This exciting July gift is *Catching Up with Sri Ramakrishna* which includes over 6 ½ hours of audio.

Expressing Your Nature

Continued from page 1

are progressing in your dharma. If we keep those focuses in mind it just makes all of your *sadhana* quite uncomplicated. The project is to divinize the cells, to find individual realization and do your dharma. This seems to cover all areas of life. A person practicing yoga with these goals will move day by day toward this realization.

How to get this goal? One is *sahaj* which means attuned action. By keeping half the mind inside and letting the other half focus on the external world, one begins to find a balance point between spiritual values and material values until the day that you realize all material values are spiritual.

Attuned action is being attuned to yourself while being attuned to the world and having this balance. As a result of finding this balance there are times that you'll want to put 90% in the world and 10% inside you. Or, 90% inside and 10% outside. Once you get this balance, who knows what you are up to? You'll find that this inner movement enables you to determine how much of this ratio is going on. If you are 50% inside and 50% outside, I'd love it. It would be just perfect. This natural *sahaj*, this idea of being, through your mantram or through your meditation,

is centering half in and half out. This really enables you to divinize your cells, to have your individual realization and to practice your dharma.

Sahaj is a very wonderful practice enabling a person to accomplish this goal. Another aspect of *sahaj* is it can be accomplished through *service*. Service, as a yogi practices it, is ideally an expression of love. It's expression of your love, and since it's your love, it has to be an expression of your nature. Service is simply doing your thing while attuned with your soul wholeheartedly. The amazing thing is the closer you get to the soul, the more you want to work and serve others. The core of your being is just crazy about other people. It's just more interested in them than it is in you. In fact, it's so interested in them, that it's going to transform you. By being interested in others, one gets out of so many problems.

Service is an *expression of your nature* and your love. What are you going to do with your life? What you are going to do ideally is express your nature in some constructive way. You'll find that God will see to it that you make a living doing this service. He doesn't need to have paupers. God owns the whole universe. He can certainly look after you. As soon as you begin to develop your nature and begin to express it, *wow!*

Posture of the Month

The Fish

This asana gives a massage to your shoulders and neck, increases lung capacity, and stimulates the pituitary and pineal glands. Moods, emotions and stress are regulated with this pose. We experience mental freedom, as if floating. The affirmation is, "My soul floats lightly on waves of cosmic light."

- Lie flat on your back, with your feet together and your palms flat under your thighs with your thumbs hooked.
- Pushing with your elbows, lift your chest until you are sitting halfway up.
- Drop your head back until the top of your



head rests lightly on your mat. But keep the weight of your body on your elbows.

- Pushing with your elbows, arch your chest as high as possible. Breathe deeply and hold the pose as long as you held the shoulderstand.
- To come out, lift your head slightly, straighten your back, lower your head and shoulders to the mat and relax your arms as you rest in savasana.
- To get maximum benefit from the Fish, you should do it immediately after the shoulderstand.

Yoga Center Theme of the Month

Follow Your Bliss—Your Heart’s Yearning

We are often told throughout our lives to do what we love and the rest will follow. Students are advised to study what really interests them. Job seekers are counseled to get into a field they are passionate about. “Follow your heart and it will lead to a happier, more balanced life!” And there is truth in this.

We all want greater health, deeper love, success, and a richer life overall. The secret to breakthroughs in these areas is this: *apply energy*. Life is energy and consciousness. You can vastly

increase your fulfillment and well-being by means of conscious direction of energy to open new channels and overcome karmas and obstacles. The greater the will, the greater the flow of energy!

We live on energy. It fills and sustains us every moment of every day. Yogis know that one of life’s greatest secrets for fulfillment and happiness is to attune with, and work with, life force to help us heal, enhance our vitality, live in a state of balance, and develop our talents and skills.

JULY CALENDAR

SUN	<p>Sunday Morning Services</p> <p><i>Visit Yogacenter.org for a new service each week</i></p>	JULY 9	<p>Higher Yogas Cosmic Consciousness</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>	JULY 11	<p>Chela Meeting Guru Purnima</p> <p><i>This Zoom event is for chelas</i></p>
TUE	<p>Experience the Power of Pranayam Tuesdays 5:30 pm</p> <p><i>Join Kali Devi weekly</i></p>	JULY 16	<p>Higher Yogas Communing with the Cosmic Sound</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 23	<p>Higher Yogas Sahaj—Natural Yoga</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p>
JULY 2	<p>Higher Yogas The Five Sheaths</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p>	JULY 30	<p>Higher Yogas The Mystery of Mahat</p> <p><i>Audio by Ramakrishna Ananda, with Kali Devi</i></p>

Book of the Month

Sri Sarada Devi and Her Divine Play

by Swami Chetanananda

This is the story of Sarada Devi (1853–1920), the wife of the Indian sage Ramakrishna. The God-man of the 19th century, Ramakrishna is known worldwide for demonstrating religious tolerance and respect for all traditions. He was truly a spiritual phenomenon, and his disciple Swami

Vivekananda was among the first to bring the wisdom of yoga and Vedanta to the West. This book describes how Sarada Devi, known affectionately as *Holy Mother*, carried out her husband's spiritual ministry for 34 years after his passing.



Gift of the Month

Another Special Online Retreat

This month we have prepared another online retreat for you: *Catching Up with Sri Ramakrishna*. As with your April, May and June gifts, you can access this via your Yoga Center Members page.

This special retreat was originally given by Ramakrishna Ananda in October, 2015 on Palomar Mountain. Your online retreat includes:

- Recent videos of Ramakrishna Ananda on Palomar
- Over six and a half hours of audios
- Written excerpts and retreat highlights
- Numerous chants led by Ramprasad

Pranayam of the Month

Sitkari

Why Do it? Sitkari is often called the hissing breath. When sucking in air through mouth, there is a hissing sound. And, it lets your life force cool down, releasing excessive anger and frustration from your body. Sitkari relieves hunger and thirst and aids in digestion. It's a great breathing technique to do in the summer and before meditation. Sitkari helps you move into a calm, blissful state.

How to do it. Unlike most pranayams, when doing Sitkari you inhale through your mouth.

- Begin by pressing the tip of your tongue against your upper palate as you slowly inhale through the mouth, making a hissing sound.
- Then retain your breath as long as possible.
- Exhale slowly through your nose.
- Repeat this pranayam five to ten times.
- At first, keep inhalation and exhalation the same length. When you feel more comfortable, gradually extend your exhalation to 2 times or 4 times that of your inhalation

- Several pictures of Sri Ramakrishna and beautiful watercolors
- Quizzes to test your knowledge and understanding

So, here is your opportunity to have a personal retreat experience. We think you'll love it!

Inspiring Quote

When you inhale, you are taking the strength from God. When you exhale, it represents the service you are giving to the world.

—B.K.S. Iyengar