



August 2020

## Spiritual World Society Theme of the Month

# Spiritual Breakthroughs

The goal is to strive to sense with your whole being this magnificent process of breakthrough: *gather, focus, flow, maintain*. Basically, you're going to have to gather your consciousness instead of it thinking about a thousand different things or feeling every which way. There is a gathering of consciousness required. The consciousness has to flow. You're gathering it, you're focusing it. You want it to flow this way, in this particular manner. You've got to allow that flow to be maintained—not other thoughts, feelings, attitudes, superstitions, comments of other people that keep you from it, flowing and being maintained.

To have this breakthrough there are some marvelous things you could be working on. So, here we go with enumeration of a number of factors which I would suggest you think about from time to time and entertain the idea, "How could I improve my life so that I could have more breakthroughs?" These are factors in having greater ease in breakthrough and more of them.

One is your overall *receptivity*. If you're not willing to receive this flow of consciousness and maintain its flow you're going to be frustrated that you don't

have breakthroughs. Receptivity involves your vehicle, your body, your nervous system. This is the way consciousness wants to express—through your nervous system, through your physical vehicle. So, the more you can make this vehicle receptive and able to receive and maintain levels of consciousness, the better. You also need a good mental/emotional vehicle, physical vehicle, nervous system.

You have to develop various *systems*, various procedural ways for handling consciousness. Very often the problem is, in terms of maintaining enlightenment or breaking through into enlightenment, our primitive mental/emotional systems are used to dominating everything. So, we have to develop in a sense a spiritual system, in addition. We have to

have systems—ways we can think procedurally, systematically, ways we can maintain an emotional state, an emotional ongoing quality.



Ramakrishna Ananda

---

*"How can I improve my life so that I could have more breakthroughs?"*

---

*Continued on page 2*

## Important Message

# Meet Us Online

With COVID-19 continuing to surge around the world, we send our love and prayers to all those whose health, loved ones and jobs have been impacted by this pandemic. As a result of the current increase in COVID-19 cases in Orange County, Yoga Center will continue to suspend in-person activities throughout August.

We continue to get together virtually, however, and we are inspiring each other with the wonderful

teachings of Ramakrishna Ananda and Yoga Center. By popular demand, we have expanded our online *hatha yoga*. The calendar on page 3 now shows these weekly events: *hatha yoga asanas*, meditation, pranayam and the higher yogas. You're invited to join us at any or all of these online classes.

We will continue to add new classes as needed. So, let us know what you'd like us to see on our calendar. All of these events along with Ramakrishna Ananda's messages and Sunday Morning Services are now on your constantly updated *Members* webpage. There you will find over 140 videos to explore!

## Breakthroughs cont.

If you want to improve your life for more wonderful breakthroughs, think about systems. If there are things where you seem disabled or quite blocked, consider how is your vehicle and how to improve it, in general and with systems. How may you, instead of thinking magically, randomly like a child, be able to get your consciousness to abide in a particular way—get it to gain more momentum and power.

Spirit is hard to understand because it's quite different from mental/emotional systems. In a way if you look at it, spirit can have its own beautiful system, its own unfolding. For example, spiritual energy moving through the chakras, level by level. As your character improves, the energy flows and maintains itself better and better. It unleashes you from matter domination. It moves you into a state of serenity. It moves into a state free of covetousness and cowardice. It gives you more courage, gives you more confidence and faith. It moves on up, converts a general dominant sense of selfishness to love, starting usually with peace and becoming deep, profound love and self-giving. You become aware that you're not just in the body—you're the consciousness that's capable of expressing beyond the body in many wonderful ways. It moves on, making you calmly active and actively calm.

### Posture of the Month

## The Cobra

The cobra gives a strong backward stretch, rejuvenates the nerves, muscles and vertebrae. For women, this pose helps tone the ovaries and uterus. It strengthens your lungs and heart and keeps your spine flexible. The cobra pose affirmation is, *"I rise joyfully to greet each new opportunity."*

- Place your forehead on the mat and bring your feet together. Your arms are on the mat alongside your body in a relaxed way.
- Inhale and raise your forehead first, then your nose, lips and chin, slowly brushing your mat.
- Push your chin forward and roll your body up as far as it will go without using your arms. Hold for a few breaths.

This is the way we're wired as human beings. This is an enfoldment that the spiritual awareness moves up through the energy centers, these portals of consciousness called the chakras. It moves on into the third eye where you have this magnificent vista, being able to look at spirit, aware of the spiritual dimensions, the presence of God. You become aware of your individual will being tuned into the infinite will right here at this particular place.

Another important factor in breakthroughs is *attitude*. If you want to improve your ability to break through, just make it one of the projects you have of focusing on and developing attitude. Have an attitude that is more loving and constructive of yourself and others instead of that which tears down, breaks down. Yogis say the easiest way to grow really fast in yoga is to have *devotion*. Devotion to God, to God in others and to God in yourself makes the trip very fast. And if you don't have this devotion you can really go slow and bark your shins a lot from stumbling around for years and years and years. Devotion is a very helpful attitude. What's your attitude?

So, we're talking about a number of fantastic things that will increase your ability to break through. You can make breakthroughs more routine, more daily in your life. You can enjoy more awe and wonder every day because you're always making breakthroughs.



- Place your palms on the mat under your shoulders and rise up further, pushing your chest forward and head and shoulders back.
- Keep your abdomen on the ground and keep your elbows bent.
- To come out, exhale and slowly roll out. When you can release your hands and hold your position again for a few seconds, then let your chin, lips, nose and forehead touch the mat.

**Yoga Center Theme of the Month**

# Transformation—Overcoming Obstacles

We are filled with energy. Life moves more easily when energy flows freely. However, everyone has blockages and obstacles to overcome. Most of us contribute to blocking energy’s flow when we get stuck in negative states of mind, which trap energy in lower centers (or chakras) where we experience fear, anger, greed, grief, prejudice, guilt, ignorance. Yogis want energy to open us to positive states where we develop confidence, comfort, harmony, compassion, peace, assurance, and love.

What is your picture of life? *Mental equivalents* are what you habitually think and feel. Our life experience feeds our mental equivalents, whether our perception is right or wrong. Even the experiences of those around us can affect our mental equivalents. Are your mental equivalents binding and crippling you? Or are they a boon to what you want to express in your life? To change a mental equivalent, throw the weight on the other side. Make your new pictures specific, appropriate, and full of feeling.

# CALENDAR

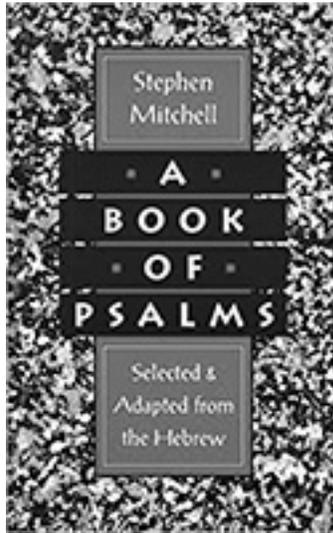
SUN	<p><b>Sunday Morning Services</b></p> <p><i>See the Members page for a service each week</i></p>	WED	<p><b>Guruji’s Meditations</b> Wednesdays 5:30 pm</p> <p><i>Join Bharata weekly with Ramakrishna Ananda’s audios</i></p>
MON	<p><b>Hatha Yoga Asanas</b> Mondays 4:00 pm</p> <p><i>Join Kali Devi weekly</i></p>	THUR	<p>Higher Yogas with <b>Ramakrishna Ananda</b> Thursdays 5:30 pm</p> <p><i>Audios by Ramakrishna Ananda, hosted by Kali Devi</i></p>
TUE	<p><b>Gentle Chair Yoga</b> Tuesdays 11:00 am</p> <p><i>Join Radha weekly</i></p>		<p><b>This month’s great topics:</b></p> <ul style="list-style-type: none"> <li>• Mental Equivalents—Your Pictures of Life</li> <li>• Meditation: Ami Yantra Mantram</li> <li>• Overcoming the Five Afflictions</li> <li>• Desires and Fulfillment</li> </ul>
TUE	<p><b>Experience the Power of Pranayam</b> Tuesdays 5:30 pm</p> <p><i>Join Kali Devi weekly</i></p>		
WED	<p><b>Hatha Yoga Asanas</b> Wednesdays 4:00 pm</p> <p><i>Join Radha weekly</i></p>	ON DEMAND	<p>Check out your Members page for new listings and our <i>On Demand</i> classes.</p>

## Book of the Month

# A Book of Psalms: Selected and Adapted from the Hebrew

by Stephen Mitchell

Mitchell's translation of the *Psalms* is one of the texts that serve as a scripture during our Sunday Morning Celebrations at the Yoga Center. This wonderful book expresses different moods of relationship between the devotee and the Lord. You will find it is an inspiring articulation of gratitude, joy and profound love..



## Pranayam of the Month

# Kapalabhati

The forced exhalation in this pranayam rids your lower lungs of stale air, making way for a fresh intake of oxygen-rich air. This cleanses the entire respiratory system. Kapalabhati, meaning *skull shining*, clears your mind and improves concentration.

- Begin by relaxing your muscles.
- Gently inhale through your nose, allowing your lungs to fill with air.
- To exhale contract your abdominal muscles sharply, raising your diaphragm and forcing air out of your lungs.
- The exhalation, which is through your nose, should be brief, active and audible.
- After exhaling, immediately begin the next inhalation. The inhale is longer than the exhalation, passive and silent.
- Begin by practicing three rounds of anywhere from 10–20 pumpings per round. Only do as many pumpings per round as comfortable. Don't strain to do more pumpings.

## Gift of the Month

### Embryonic Breathing

#### Openness to Letting Love Happen

This month's 50th Anniversary gift is a treasure—a yoga technique that can transform your life. Listen to Ramakrishna Ananda's audio and review the steps with the beautiful handout.

The key to experiencing ecstatic love is to let love happen. Within each of us is: love, Higher Consciousness, the Divine and the presence of God. All we have to do is open, respond and let love happen. This *Embryonic Breathing* method is a key to helping us open our hearts to transformation, letting love happen, and ultimately living in ecstatic love.

### Inspiring Quote

*Open your grief-stricken heart to the Lord. Weep and sincerely pray, "O Lord, draw me towards You. Give me peace of mind." By doing so constantly, you will gradually attain peace of mind.*

—Sri Sarada Devi