



March 2020

## Spiritual World Society Theme of the Month

# Discovering Harmony

Harmony is more important and more powerful than we can ever know. In yoga you discover harmony of body, mind and spirit. The state of harmony has got to happen if you know anything at all about yoga because yoga is about developing the state of harmony and going on from there into higher states of realization.

The importance and possibilities of harmony—it's a state of consciousness. Yoga is also, because of that harmony of body, mind spirit, harmony of the individual self with the infinite self. And you can link in with the creative consciousness that manifests the whole universe, believe it or not, through some meditating and through some grace.

So, we develop harmony as we do yoga. It's just a natural thing. If we are shedding the tension and turbulence, we enjoy a progressive

state of harmony. We tend to think of harmony as a good feeling, and it is. And we tend to think of harmony as a perspective on life. Try to see the harmony and try to work



Ramakrishna Ananda

for harmony.

That's a good perspective.

The point I'd like to make and emphasize is harmony is not just a state of well-being. It's not a state of positive feelings or positive views. Harmony is your connection. When you are in harmony you are connected with that power and force which maintains and sustains your life, it sustains the earth in its delicate balances, and sustains the universe. Harmony is a

phenomenal thing to experience because you're

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*When you are in harmony you are connected with that power and force which maintains and sustains your life.*

## Digital Signage in the Bookstore

# 40 Inch Touch Screen

Come visit our Answer Bookstore and see our new interactive display on a 40" touch screen. You can scroll through lots of photos and information:

- » A Welcome animation
- » Yoga Center classes and Meditations
- » Spiritual World Society events
- » Palomar Mountain Project retreats and businesses
- » Our Ideals
- » 50th Anniversary Handouts

This innovative display screen is designed to help you explain our offerings to visitors and new students. Long-term students and devotees are also invited to enjoy. Come view it often as it will be updated monthly with new features and photos.



## Harmony

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connected with the infinite power and infinite force that maintains the universe and sustains your life.

So, yogis want to work for harmony instead of discord and disagreement. They are always thinking, “How can we create harmony out of this mess? How can we go beyond this mess into harmony instead of how do we win or how do we prevail or how do we sustain ourselves in this discord, this opposition, this disagreement, this dispute?”

Yoga has many great approaches to help you and all of us live in a state of personal and global harmony. And in that harmony, to live connected with spirit, this essence which manifests the universe in the view of yoga. A lot of people want ecstasy and that's a good thing, but harmony sounds like a bland thing rather than a magnificent thing. Harmony is one of the biggest things you can ever have and the best things you can ever have.

### Posture of the Month

## The Eagle

Why do it? This pose benefits your arms and legs by twisting and squeezing first one side and then the other to increase circulation to your limbs. It helps remedy varicose veins and strengthens leg muscles. It also helps you develop better balance. How to do it:

- Begin standing on both feet, putting weight on your left leg with your knee slightly bent. Then wrap your right leg around it so that the toes of your right foot are on the inside of your left ankle.



## Yoga Center Theme of the Month Knowledge, Awareness, Consciousness

The word *yoga* comes from the ancient Sanskrit and means *union*. The English word *yoke* is derived from *yoga* which brings two oxen together to accomplish more than they would on their own. In yoga, we strive to unify body, mind and inner self for greater balance in life.

Another of yoga's definitions is *skill in action*. It takes patience and steadfastness in our yoga practice in order for growth and development to occur. One indicator of growth is finding that we have developed greater skills in the tasks we do each day.

Each class is designed to help you naturally grow in knowledge, awareness and consciousness. Please view the calendar on the next page for the weekly class topics.

- Bring your left forearm in front of your face and wrap your right forearm around it and have your palms touch.
- Place the thumb of your left hand at the third eye center (the point between your eyes, just above your eyebrows).
- To come out of the pose, unwrap your arms, and then your legs.
- Repeat the pose on the other side.

### Listening is Better than Seeing Hear Guruji Online!

Want to hear more? The audios of Ramakrishna Ananda's monthly themes are now available at [www.YogaCenter.org](http://www.YogaCenter.org). Click the 50th Anniversary image on the home page and scroll down. Feel free to enjoy listening to the monthly audios and reading the monthly handouts.



# CALENDAR...JOIN IN

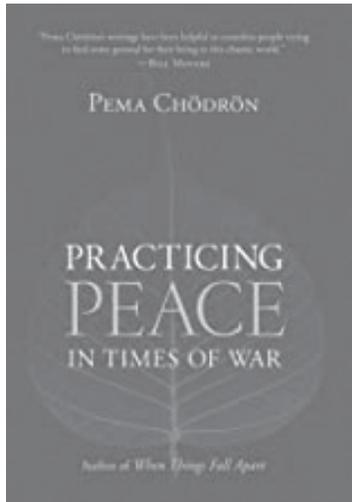
|              |   |                  |  |
|--------------|---|------------------|--|
| MAR<br>1     | <b>Consolidation</b><br>SMC 10 am—Narendra explores this essential yogic process that can help you integrate your yoga into daily life. | MAR<br>15        | <b>Interview with a Devotee</b><br>SMC 10 am—A new series! Find out how long-time students found the Yoga Center and what keeps them coming!           |
| MAR<br>1-15  | <b>Advanced Class</b><br>Sunday Evenings<br>Recall Your True Nature with Ramakrishna Das  | MAR<br>21-27     | <b>Classes this Week</b><br>Head Knowledge and Heart Knowledge   |
| MAR<br>2-6   | <b>Classes this Week</b><br>Levels of Consciousness—the Lake of Your Mind   | MAR<br>22        | <b>Relishing the Scriptures</b><br>SMC 10 am—Priti shares how to deepen your experience of the scriptures and how to listen to the Lord of your heart. |
| MAR<br>5-26  | <b>Thursday Ashtanga Yoga this Month</b><br>Transformation Through Love   | MAR<br>22-29     | <b>Advanced Class</b><br>Sunday Evenings<br>The Soul and Enlightenment with Kali Devi  |
| MAR<br>7-13  | <b>Classes this Week</b><br>Personal and World Peace  | MAR 28-<br>APR 3 | <b>Classes this Week</b><br>What is Reality?   |
| MAR<br>8     | <b>Long Meditation</b><br>SMC 10 am—Help the world and experience how meditating in a group can deepen and enrich your own practice.    | MAR<br>29        | <b>Karma Yoga</b><br>SMC 10 am—Atmarati shares how the attitudes developed through karma yoga can take you on wonderful spiritual adventures.          |
| MAR<br>14-20 | <b>Classes this Week</b><br>Samyama—You Become what You Think   | COMING<br>UP     | <b>Palomar Mountain Retreats</b><br>April 24-27<br>June 19-22 or June 19-28<br>September 11-14<br>October 23-26  |

## Book of the Month

# Practicing Peace in Times of War

by Pema Chödrön

With war and violence flaring all over the world, many of us are left feeling vulnerable and utterly helpless. In this book Pema Chödrön draws on Buddhist teachings to explore the origins of aggression, hatred, and war, explaining that they lie nowhere but within our own hearts and minds. She goes on to explain that the way in which we as individuals respond to challenges in our everyday lives can either perpetuate a culture of violence or create a new culture of compassion.



## Pranayam of the Month

# Sahajams on your Stomach

Why do it? This pranayama connects breath and movement and helps keep us centered and focused while being active. Typically, we do three rounds of this practice in our classes. You can, however, do anywhere from one to six rounds. Here is how to do one round:

- Lying on your stomach stretch your arms out in front of you.
- Inhale and lift your left arm, leg and head.
- When you've completed your inhale, begin exhaling and lowering your arm, leg and head.
- As you exhale, open your mouth and make the "ha" sound. Your exhalation should be twice as long as your inhalation.
- Next, do the same practice lifting your right arm, leg and head.
- Finally, lift both arms legs and head while inhaling, and lower both arms legs and head while exhaling and making the "ha" sound.
- Enjoy being in greater harmony.

## Gift of the Month

### Songs to the Divine

This wonderful CD was produced recently by our own Sati Devi (Melissa Sweet). Normally offered at \$14.95, it is yours for free as part of our 50th Anniversary.

Music is one of the most direct conduits to spiritual experience, a powerful aspect of creation and one that



can immediately draw the mind to focus, the body to attune and the heart to respond. This album began and continues as an offering to Spirit.

These are personal worship songs inspired by scripture, the teachings of Ramakrishna Ananda, and meditative states. These songs reach out to Spirit in the desire to live in joy as a child of God, in a relationship with Spirit, in balance and in tune. We sincerely hope you will find inspiration and enjoyment as you listen!

### Inspiring Quote

*Eat Healthily, sleep well, move harmoniously.*

—Jean-Pierre Barraï