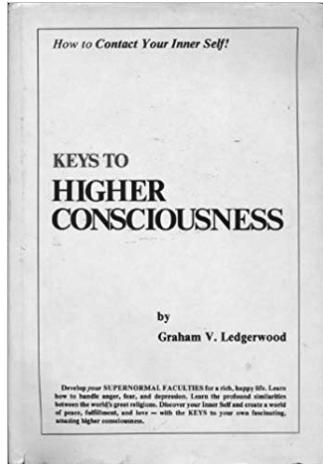


Book of the Month

Keys to Higher Consciousness

by Ramakrishna Ananda (aka Graham Ledgerwood)

This wonderful book by our Founder and Guru provides more than just the way into Higher Consciousness: It takes you there, helps you understand what is there, how you got there, and what is next. It inspires and uplifts, motivating you to achieve all your inner potential. It's a journey of profound beauty and meaning. It contains answers to a lifetime of searching. Yet, it's so thorough, clear and simple an exposition of these lofty matters.



Pranayam of the Month

Cleansing or Purification Breath

Why do it? This pranayama helps calm the mind, balance the life force and stimulates the lymphatic system which helps detoxify the body. You can do this pranayam for several minutes.

How to do it:

- With your right hand, use your pinky, your smallest finger, to close your right nostril and inhale through your left nostril. Do this at a natural pace for you. There is no specific count to this breathing practice.
- When you have completed the inhalation through your left nostril, use your pinky to close the left nostril and exhale through your right nostril. Then inhale through your right nostril.
- Next, use your pinky to close the right nostril and begin the pranayama again by inhaling through your left nostril.
- Repeat this 10 to 12 times as comfort allows.

Inspiring Quote

People are always blaming their circumstances for what they are. I don't believe in circumstances. The people who get on in this world are the people who get up and look for the circumstances they want, and if they can't find them, make them!

—Mrs. George Bernard Shaw



Answer Bookstore Gift Certificate

Since joyful giving is an important part of our 50th Anniversary, we're giving everyone who attends a Yoga Center or Spiritual World Society event in February a \$5 gift certificate for any purchase at our Answer Bookstore. You can use it for a gift for a friend. Or, we hope you will consider using it for the book of the month, KEYS TO HIGHER CONSCIOUSNESS.