



January 2020

Dear Friend of Yoga Center

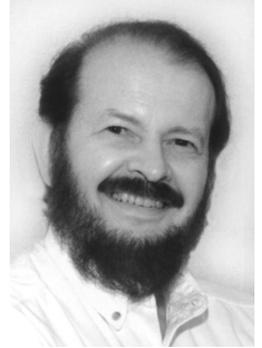
How are you? We're in celebration mode—we're fifty years old! We can't believe it but it's true. We opened our doors and hearts to Orange County October 1st 1970, and we've been sharing all eight main yogas ever since.

Thank you very much for being part of our shining history—whether for decades or months, whether recently or long ago. We'll have special events every month of 2020. Come by and celebrate with us. You are one of the supporters who empowered us to go on and on and on sharing the light, joy and vitality of yoga for fifty marvelous years.

Even if it's been a while—a decade or two—please come over! See what we look like now. Let us behold your beautiful face again. Tell us how your life has unfolded.

To present and past students alike: You are invited to celebrate with us all year long. Renew your yoga or supercharge it in 2020. We'd love to see you.

Yours in Body, Mind and Spirit
—Ramakrishna Ananda



Spiritual World Society Theme of the Month by Ramakrishna Ananda

Your Strengths and Your Nature

The idea of yoga is we're trying to dispel this state of ignorance we're in, get rid of our spell. You don't have to blame yourself for the spell unless you encourage it and cling on to it. "Oh, this is my spell. I want my spell. Don't take my spell away from me." It's part of being alive that there is this God's spell. You can just blame it on God, you can. You can say, I said so. It's God's maya. It's not something we threw together, but the way we've dealt with it, you say, "Oh, we could have a little more spell here and a little more spell there." So, we enhance the spell, big time.

Under the spell of God's maya we forget our true nature. We forget we are heir

to the infinite glories—those marvelous aspects of spirit that God has. They're in us too, if you could

Your strengths are the main glories you've already received from the divine that are moving through you and expressing through you.

just wake up from the spell or oafishness and officiousness. Yoga is designed to help us wake up from the spell. You say, "It's not working very well in my case." Well, maybe you're not working it very well. It's meant to wake you up from the spell and it can help from the very first. When you do postures, suddenly you have a sense of harmony and well-being. That's waking up from the spell. You feel like you're in a heavenly state of consciousness, and you're suddenly kind and loving to people instead of worried. The

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