



January 2020

Dear Friend of Yoga Center

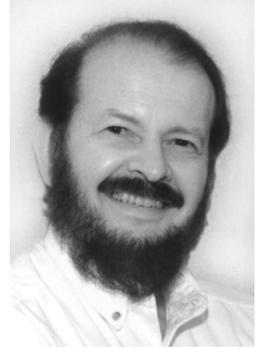
How are you? We're in celebration mode—we're fifty years old! We can't believe it but it's true. We opened our doors and hearts to Orange County October 1st 1970, and we've been sharing all eight main yogas ever since.

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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Your Strengths

Continued from page 1

spell has been lifted for a little while.

So, starting now with your present spell, just starting with this way, you are thinking and feeling and knowing life now. Starting here, starting now. We're going to look at our strengths because the strengths you have are the main glories that you've already received from the infinite to some degree. Your strengths are places where the spell is weak or thin. Your strengths are the main glories you've already received from the divine that are moving through you and expressing through you. So, you can say, "I've got these strengths." You can know that you're less hypnotized in those areas because something good from your soul is coming through there—that's why it's a strength. Something from deep within is expressing wherever there is a nice strength coming through.

So, strengths are a wonderful way to appreciate what the infinite has and what the infinite is giving through you to the world. You could call your strengths your talents also. Now and then it's amazing to see talents. Your strengths are often characteristics of your true nature. Your strengths are ways that you can tune in and connect with spirit more easily. Your strengths help you to tune in with spirit, the Infinite Spirit. So, what are your strengths?

Pranayam of the Month

Kundalini Awakening

Why do it? This is a powerful pranayam that stimulates the energy that is typically dormant at the base of your spine to move to the upper chakras (heart, throat, third eye and crown). This pranayam stimulates a lot of energy, so it is not necessary to do numerous repetitions. Only do it up to 3–5 times.

How to do it:

- Using your right hand, close your right nostril with your thumb and inhale through your left nostril mentally chanting Om 3 times.

Yoga Center Theme of the Month Visualization

As someone who is practicing yoga, you may find that your desires and needs are changing, growing. You naturally are more attracted to what is good, true and beautiful in life for yourself and for others.

Whatever you truly want and need—that which will enrich your life and enhance your growth—don't mentally and emotionally block it from you. Instead, use your focusing skills to "picture it!" and "feel it!" Focus on one single need, then:

1. Attune with your inner self until you reach a place of poise.
2. Attract this need to you by opening and making room for it in your life.
3. Expect that this need will be fulfilled, then release your request.
4. Believe in your heart and mind that this change is already under way.

In January classes you will learn about:

- » The Five Levels of Mind
- » Creative Visualization
- » The great Zen and Yoga practice of "Seeing"
- » Forming your Mantram to aid in Meditation
- » Spiritual Awakening through the Mystery of Kundalini

- Close both nostrils, and while retaining your breath mentally and gently send your awareness and energy down, striking a triangle with its point down 12 times, mentally chanting Om each time.
- Close your left nostril with your ring finger and, exhaling through your right nostril, mentally chanting Om 6 times.
- Then reverse, inhaling through the right nostril for 3 Oms, retaining your breath and striking the triangle and chanting Om 12 times. Close the right nostril and exhale through the left nostril for 6 Oms.

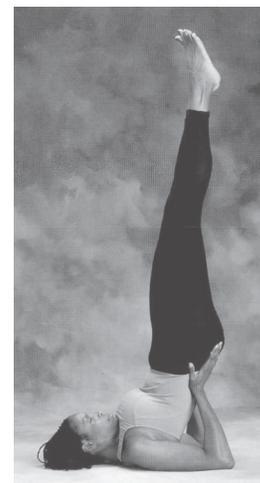
Posture of the Month**Inverted with the toe/heel Variation**

Why do it? The shoulder stand reverses the pull of gravity, improves circulation, regulates thyroid, relieves mental sluggishness, depression and insomnia. Add the toe/heel variation, and we stimulate the kundalini by directing energy into the tailbone chakra. The energy then flows to the higher chakras. How to do it:

- Lie flat on your back and inhale, bringing your legs up to a right angle.
- Lift your hips off the ground and support your

back with your hands.

- Straighten your body. Walk your hands down your back until resting on the shoulders.
- Slowly and rhythmically touch your toes to your heels, then change legs and continue for 60 seconds. Remain conscious of kundalini energy.
- To come out of this posture, either lower your legs into the bridge or lower your spine one vertebrae at a time. Then lower your legs.

**CALENDAR**

JAN
5

Sri Sarada Devi Puja
10:00 am

You are invited to a traditional worship service.

JAN
7-28

Tuesday Seminars
Cost is only \$49 for all 4 weeks. Free for Yoga Center member with unlimited monthly attendance. See page 4 for details.

JAN
12

Blessing Sunday
10:00 am

Guruji will be giving individual blessings. Come for this once-a-year opportunity to be filled with spirit and renewed in your spiritual practice.

JAN
19

Exploring Your Talents
10:00 am

Presented by Bharata

JAN
26

Guruji Speaks
10:00 am

8:00 pm – Guruji visits the Advanced Class

FEB
2

Overcoming Obstacles
10:00 am

Presented by Ramakrishna Das

FEB
23

Guruji's Birthday Parties
10:00 am

8:00 pm – Guruji visits the Advanced Class

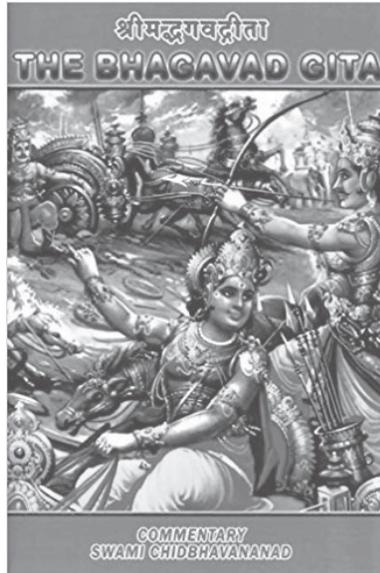
Book of the Month

The Bhagavad Gita

Commentary by Swami Chidbhanananda

The Bhagavad Gita is an essential part of any yoga devotee's personal library. This Chidbhanananda Gita is a large heavy book with everything you could need for studying the Gita.

The sayings of Sri Ramakrishna used are perfect examples of someone that followed the precepts and injunctions laid out in the Bhagavad Gita. Also, this version is a favorite of Ramakrishna Ananda.



Inspiring Quote

The tests we face in life's journey are not to reveal our weaknesses but to help us discover our inner strengths. We can only know how strong we are when we strive and thrive beyond the challenges we face.

–Kemi Sogunle

Tuesday Seminar Series

Enjoy Your Life Much More!

Empower Your Life by Learning and Developing the Intermediate and Higher States of Yoga

Enjoy a Four-Class Series taught by Yoga Master and Guru Ramakrishna Ananda

What do the intermediate and higher states of yoga give us?

- Poise – Equilibrium
- Peace
- One-Pointedness
- Samadhi
- Higher consciousness
- Insight
- Wholeness
- Remove Blockages
- Prema – Intense Love
- Wholeness
- Soul Contact
- Centeredness
- Connections and Attraction

Join us on **Tuesday Nights in January 2020:** Jan. 7, 14, 21 and 28.

7:00 pm – 7:20 pm Asanas (Postures)

7:20 pm – 7:30 pm Break

7:30 pm – 9:00 pm Ramakrishna Ananda speaks

Cost for all four classes is only \$49. If you are already a Yoga Center member with unlimited attendance, there is no extra charge for these classes.

Register at Yoga Center front desk, online at yogacenter.org, email info@yogacenter.org or call 949.646.8281.

Come celebrate Yoga Center's 50th Anniversary with us.