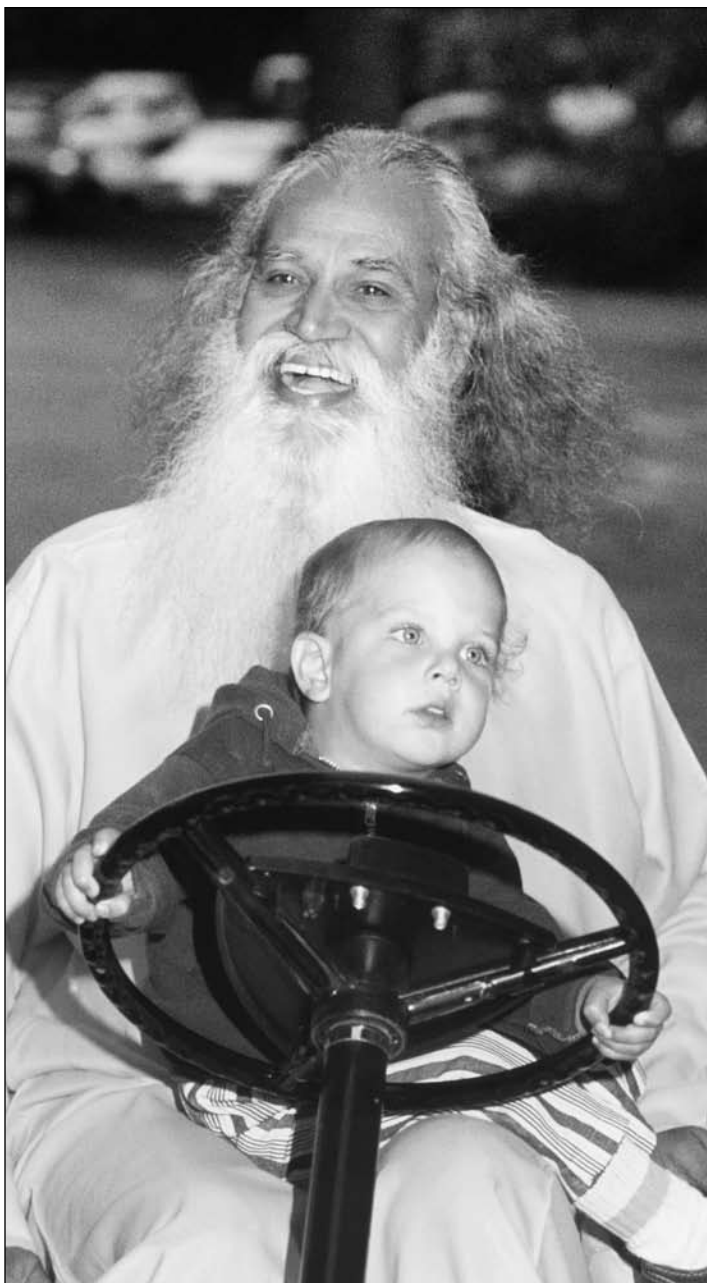


# Integral Yoga® Teachers Association Newsletter

Volume XV, No. 3, September 2008



The Essential Teachings of Sri Gurudev Swami Satchidananda

## How to Be Happy

by Sri Swami Satchidananda

If you observe carefully, throughout nature you will find one common goal in everybody and everything—even in the atom. All are searching for happiness. In the case of human beings you see hundreds of efforts of various forms. The common purpose behind all these efforts is the search for happiness.

The goal is approached by many in different ways. Some people want to be happy quickly, so they take short cuts and get temporary happiness, but borrowed joy comes and goes. The happiness that we seem to be getting by our daily efforts is fleeting and mixed with a lot of troubles, worries, and unhappiness. Happiness cannot come without unhappiness before and after.

It's better to say, "I am happy," than, "I want to be happy." The minute you say, "I want to be happy," that very want disturbs the mind. And suppose the want is fulfilled? How many people go crazy over a small piece of paper, a stamp printed some one hundred years ago? They pay thousands of dollars to get that piece of paper. They give value to it and struggle to obtain it. If you are caught up in this, you'll say, "I can't be happy without the stamp." So you pay the price. Then you say, "Ah, I got it." It's simple enough. First you said, "I want it." After all the effort you say, "I got it." Where are you now? The same place you were before you wanted it. Happy.

You were happy before you wanted the stamp. The moment you wanted it, you became unhappy. And the moment you got it, you were happy again. Where did the happiness come from? The thing by itself didn't give you any happiness. You regained the happiness when you took

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## The Goal of Integral Yoga

The goal of Integral Yoga, and the birthright of every individual is to realize the spiritual unity behind all the diversities in the entire creation and to live harmoniously as members of one universal family.

This goal is achieved by maintaining our natural condition of a body of optimum health and strength, senses under total control, a mind well-disciplined, clear and calm, an intellect as sharp as a razor, a will as strong and pliable as steel, a heart full of unconditional love and compassion, an ego as pure as a crystal, and a life filled with Supreme Peace and Joy.

Attain this through asanas, pranayama, chanting of Holy Names, self discipline, selfless action, mantra japa, meditation, study and reflection.

Om Shanti, Shanti, Shanti,

Ever yours in Yoga,



## Letter From The Editor

You're an Integral Yoga teacher! You know how to teach a beautiful Yoga class. You know the names of the asanas in English (and, perhaps, Spanish, French or another language) and in Sanskrit. You know the benefits, and you take continuing education courses; or, at least, you plan to.

But do you know the history of Integral Yoga ® and its founder, Sri Swami Satchidananda?

Recent questions from some certified teachers have made me wonder if all our Integral Yoga teachers know the background of their school of Yoga. You don't have to become a devotee of Sri Gurudev Swami Satchidananda. But, as an Integral Yoga teacher, you should be able to answer questions about him and the story of how the Integral Yoga® Institutes came to be. Being able to answer questions from your students and colleagues will only enhance your credibility and your reputation.

In this issue of the newsletter, we just have a little bit about Gurudev's life. Take the time to explore the official Swami Satchidananda website ([swamisatchidananda.org](http://swamisatchidananda.org)). View the DVD Living Yoga. And, then, go even deeper to uncover the rich history of how the Integral Yoga Institutes, Satchidananda

## Integral Yoga® Teachers Association

Founder: Sri Swami Satchidananda

The Integral Yoga Teachers Association is a membership association open to all Integral Yoga teachers. Its mission is to provide mutual support and spiritual fellowship, to share information, to provide inspiration, and to conduct ongoing training and guidance.

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Ashrams and Light Of Truth Universal Shrine (LOTUS) came to be. As an Integral Yoga teacher, you come from a great tradition; be sure you know what that is.

I hope you'll take time to read or reread *Apostle of Peace*, the biography of Sri Gurudev. It is filled with information about his life, the starting of the Integral Yoga® Institutes, the Ashrams, and the building of the LOTUS. It's also an entertaining and inspiring book.

There are many schools of Yoga. Each is unique. Be sure you know the who, what, where and why of the Yoga you teach.



Om Shanti,

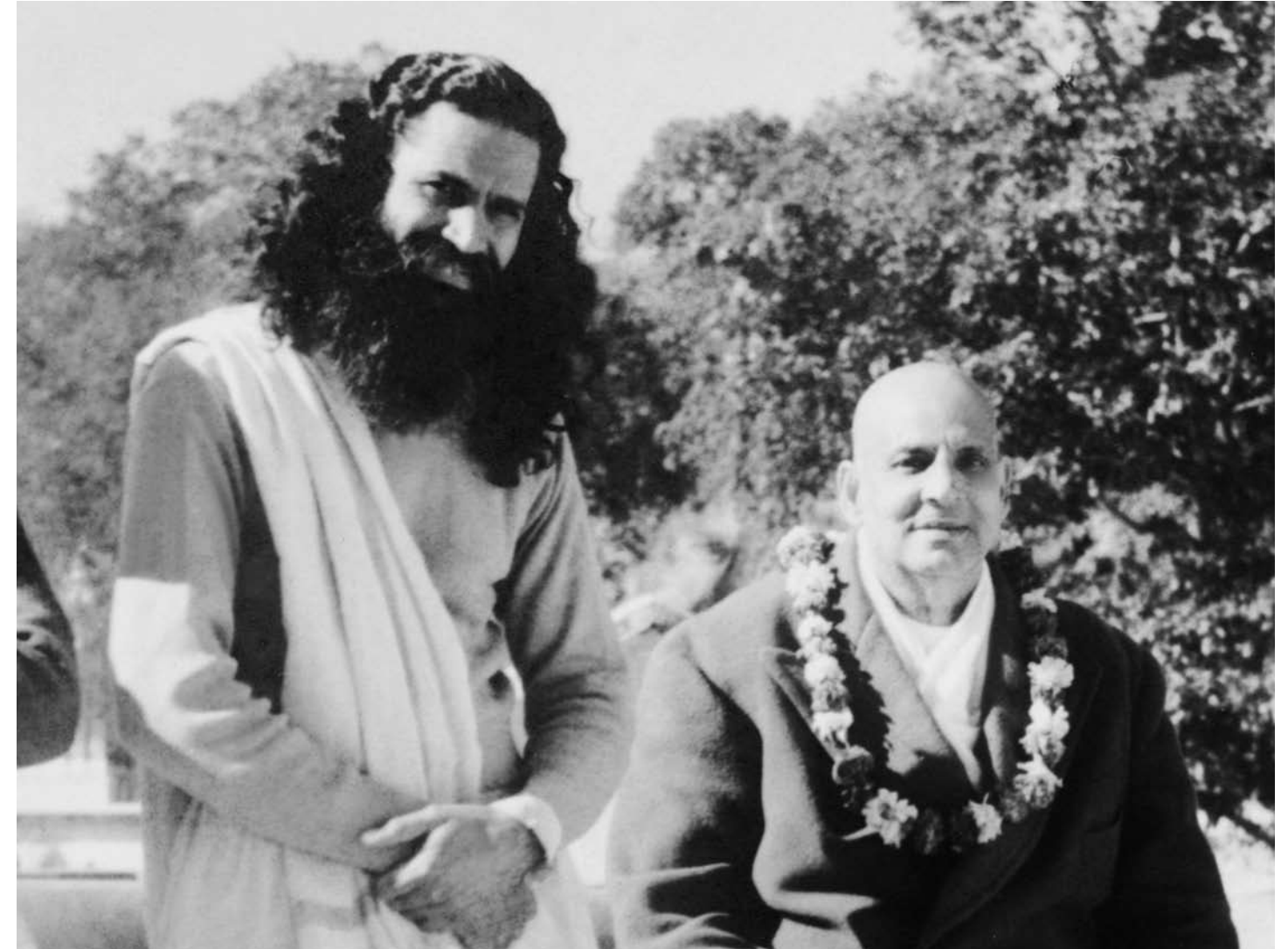
Rev. Prakasha Shakti



## A Life of Spiritual Vision

from <http://www.swamisatchidananda.org/>

Be sure to visit this official website for more about Swami Satchidananda and his teachings of Integral Yoga.



"The dedicated ever enjoy Supreme Peace. Therefore, live only to serve."

H. H. Sri Swami Satchidananda (Sri Gurudev) often said these words in talks all over the world. These two beautiful sentences of guiding light are even more powerful coming from this being who lived them every day of his life.

Sri Gurudev was born on December 22nd in 1914 during the month known as Margali, the Dawn of the Devas. He was the second son of Sri Kalyanasundaram Gounder and his wife Srimati Velammai. Their home had always been a meeting place for poets, musicians, philosophers and astrologers. Sannyasis (monks) and holy men passing through the area were directed to the home of Sri Kalyanasundaram and Srimati Velammai for food and lodging. Srimati Velammai was inspired by the holy men and decided that her next child should be this type of person. She and her husband traveled sixty miles to Palani, the holy hill, to the Ashram of Sri Sadhu

Swamigal where she was given a mantra to invoke the Divine Light as manifested in the Sun. She repeated it constantly, developing a vibration conducive to receiving the type of soul she desired.

From the time he was a little boy, Sri Gurudev (then known as "Ramaswamy") was deeply spiritual. Even as a young child, he spoke truths and displayed insights far beyond his years. His devotion to God was strong, and he looked at people of all castes and faiths with an equal eye, always recognizing the same light within every being. That recognition of the universal light equally present in all people remained as he grew to adulthood, became a businessman and a husband.

When his young wife died, he turned his attention to spiritual practice and studying with many great spiritual masters, including Sri Ramana Maharshi. Finally, in 1949, Ramaswamy met his Guru—H. H. Sri Swami Sivanandaji of the Divine Life Society, Rishikesh. He received Sannyas Diksha (initiation



# The Contribution of Stress and Separation to Illness

by Sandra Amrita McLanahan, M.D.

More heart attacks occur on Monday than any other day of the week, especially on Monday morning. Forty percent of heart attacks occur during travel. Those who own pets are more likely to survive their heart attacks, and people who obtain a pet are less apt to have a second heart attack. Persons who attend church regularly survive their heart attacks 60 percent more frequently than people who don't.

The story of Paul "Bear" Bryant, the winningest college football coach in history, is significant. Retirement is one of the most major life changes and may put some people at increased risk for illness. Within thirty-seven days of his retirement, he was dead from a heart attack. He said to his friends just a day before his death that there were "no more Saturdays," and that he had nothing more to which he could look forward. Edgar Bergen, the ventriloquist known for his performances with his dummy Charley McCarthy, died from a heart attack just two weeks after officially putting Charley in a box and retiring from show business.

Stresses in younger people may lead to heart attacks, even when they do not have a buildup of cholesterol plaque in their arteries. Tony Cannigliaro, a well known ballplayer for the Boston Red Sox, was in excellent health running eight miles a day when he learned that the restaurant he owned in Sausalito, California, had been damaged by mudslides. While rushing to the Boston airport, he suffered a severe heart attack. Subsequent tests showed that his arteries were perfectly clear and had probably undergone spasm in response to the stress.

## How and Why Disease Begins

How and why does disease begin? What is it that creates the conditions for the disturbance of ease that leads to illness? Particularly for the last two hundred years, the body has been mainly considered by Western medicine as a machine with parts that break down. Symptomatic remedies have been developed, but questions of the origin of disease have generally been left aside. The inquiry patterns of Western medicine have not yet adequately addressed themselves to root causes of disease.

The heady success of the germ theory of disease, leading to effective antibiotic therapy, has obscured Western medicine's less-than-perfect result with chronic diseases. Even Pasteur, on his deathbed, referring to his lifelong debate with Claude Bernard, was reported to have said, "You are right, Bernard, it is not the organism, but the soil." Modern immunological theory supports his statement; an individual's resistance is probably more primary than the mere presence of an infectious organism.

In recent years, with the advent of biofeedback and subsequent understanding that the mind and its reaction to

stress have an important place in the sequence of events leading to development of symptoms, a move toward more essential causes began. Many studies indicate that as much as eighty percent of illness may be precipitated by stress. Stress can affect activity of the cardiovascular system, as well as the competence of the immune system.

## Stress and Illness

What is the definition of stress? Originally, the word was invoked by Hans Selye to mean "change." He found that any change in a system, whether good or bad, creates stress. If the reaction in the mind to a stress leads to tightening of muscles, impairment of blood flow to some organs, constriction of the lungs, irregular heartbeats (arrhythmias), high blood pressure, or altered activity of the immune system, various manifestations of disease may develop. If the stress leads to reaching for a cigarette, a cup of coffee, alcohol or other poisons, or overeating, these lifestyle effects can precipitate another series of illnesses.

A relatively new field, sometimes termed "psycho-neurocardiology" or "behavioral cardiology" attempts to identify the connections between mind changes and heart function. The Harvard Medical School produced a profile of stresses that have been found to precede dangerous arrhythmias. Congestive heart failure and angina have also been found to be worsened by emotional factors.

The Type A traits that seem to be the most valuable predictors for those at risk for heart disease are seen in people "always in a hurry" and "quick to anger." Hostility and the number of times a person uses words such as "I," "me," and "mine" (reflecting a sense of isolation from others) may particularly be the most effective predictors of those who will develop heart disease. These people are seen as very driven, without allowing themselves time to relax. Even exercise can be undertaken in Type A mode.

In the case of heart disease, then, the most common emotional response pattern in reaction to stress may be anger. Frequently repeated, this reaction raises the blood pressure and puts an extra load on the heart. Travel, a time of increased change (stress), may lead to heightened frustrations, contributing to the high level of heart attacks during travel. Regular attendance at church may lead to a feeling of relaxation and riddance of frustration. (So, if you haven't attended a religious or spiritual service lately, you might consider doing so.)

In the case of cancer, the emotional pattern in response to stress may be one of sadness, hopelessness and lack of self-esteem. The loss of hope may act through the hypothalamic-pituitary-cortisone mechanism of the adrenals with increased release of corticoids lowering immune function and affecting

surveillance against tumor cells. Other agents known to modify white cell activity are the opiate-like substances in the brain and adrenaline.

The psychiatric and immunologic information traditions can be integrated. For example, in a study of twenty-seven metastatic cancer patients who underwent radiation treatments at the Cincinnati General Hospital, assessment of degree of hope prior to treatment correlated with length of survival. Dr. Louis Gottschalk of the University of California at Irvine developed a hope scale to study this connection. Another example is well known: Immune function, such as activity of white cells, takes a year on average to return to normal after loss of a spouse.

Although the biochemical details of these connections have only been researched in recent decades, awareness of a possible relationship between stress and cancer appeared in early medical writing. Galen wrote that melancholy women seemed to develop more cancer than their more cheerful counterparts. In 1601, the English definition of cancer was a "swelling or sore commin of melancholy blood [sic]." In the 1800's, H.L. Snow reported, after reviewing the cases of 250 London Cancer Hospital patients, the loss of a near relative was an important factor in the development of cancers of the breast and uterus."

Not all people who smoke cigarettes develop lung cancer. What is different about those who do? The answer may lie in both nutritional and emotional causes. Those who eat more carrots and other sources of Vitamin A have decreased risk. This vitamin is needed for maintenance of the lung's lining cells. Those who experience more life stress may also have elevated risk.

Steven F. Maier of the University of Colorado stated: "The extent of behavioral control over the event may be more important than the event itself." Studies support that a degree of control over the environment improves immunological function.

Associating stress with the onset of cancer is fraught with difficulty since it is usually unclear exactly when the first abnormal cells develop. Correlation with stressful life events then may be hard to pinpoint. In one study, however, where sets of twins were investigated after one developed leukemia and the other did not, a major recent psychological upheaval was found in the sick twin but not in the healthy one. [Rosch, "Stress and Cancer"]

## The Meaning Dimension

Some people are not adversely affected by major life changes and do not become ill, while others develop disease. How can an understanding of the root causes of disease help us to



Sandra Amrita McLanahan, M.D.

determine who may be at particular risk? Rather than focusing on merely physical causes, treating the body as a machine, or on mental causes when looking at stressful events I think we need to look at how we experience stress (change). Whether we develop subsequent disease may depend upon our basic assumptions about life. This spiritual aspect, left out of the usual Western scientific investigation, may fundamentally affect health. It is the meaning dimension of our lives, how we answer the questions of personal purpose, why we are here on earth and the meaning of our relationships, our family and our work.

The family is the most likely source of meaning for most people, with a close second being work. Probably for this reason, divorce and death in the family place people at markedly higher risk for both heart disease and cancer, and the first year following retirement is accompanied by significantly higher illness rates.

Research by James Lynch, Carolyn Thomas and others has indicated that important links may exist between the health of the family and that of the individual. For example, medical students who express less closeness to their families, as found by questionnaire, have been found to have higher rates of heart disease, cancer, suicide, etc. later in life.

A sense of separation from others may act to cause disease. One original definition of hell is translated as "walled off," or separate. When we feel separated from those around us, we also experience increased stress.



The Navajos and Hopis each had an instructive tradition related to illness. When one member of their community became ill, they would have a community or kiva meeting to discover why that person had become sick. All people in the kiva were felt to be partly responsible, since all in the community were felt to be connected. Perhaps an appreciation of the medical consequences of loneliness existed even then.

Loneliness and a sense of separation may lead, then, to a “hell” in this world. Such psychological origins of disease are critical to our understanding of how to remedy both personal and global illness. Our spaceship planet has largely lost its sense of overall family and connectedness.

### A New Definition of Family

It may be helpful to return to the meaning of family traditionally held in Western culture. We usually identify and find our love from a very limited number of people. “I know my spouse, sister or brother will love me no matter how I err.” In unconditional love, we will always be there for each other. We can almost hope to go to any extreme and still expect, ideally, that our family will still take us in and continue to love us.

With the current degree of change in Western culture, however, the family has reached an alarming point of breakdown, where this kind of unconditional love is generally rare and seldom lasting. Divorce, affecting more and more people, is associated with a much higher rate of illness.

However, a positive result may possibly emerge from this contemporary catastrophe. As families break down, we become needy, and our hearts urgently seek to find a new comforting milieu in which to function. We have to find this in order to survive. Unloved babies can die; unloved adults may become ill.

We are forced to seek new, different definitions of family. How can we achieve family in the West, with so many far-flung family members, the high moving rate, spouses who grow apart in interests, so many changes, and so on?

One possible way to confront this geometrically accelerating rate of change (stress) in our world is to find and experience family with every person we meet, at any moment. We can then create family—unconditional love—with the grocer, store bagger, the person we meet walking down the street, with every person we meet, with the kind of openness, connection, universal and unconditional love usually reserved for family. The Hopi word for family can be translated “to breathe together.” If we create family with each person who shares the earth’s air, we have a different experience of family.

This kind of love may transform a hell into a heaven in which we move and live. Milton said, “The mind is its own place and, in itself, can make a heaven of hell, a hell of heaven.” And Shakespeare said, “There is nothing either good or bad, but thinking makes it so.” This change in our way of thinking about family may provide one answer to the stress, loneliness and separated feelings that lead to disease.

## All Are Equal

*Editor’s note: This excerpt from “Sri Swami Satchidananda: Apostle of Peace,” the biography of Sri Gurudev, takes place in Rishikesh not long after he had been initiated into sannyas by his guru, Sri Swami Sivanandaji Maharaj. Gurudev was still living at Master Sivanandaji’s ashram. As this biography shows, even from childhood, Gurudev Swami Satchidanandaji broke through boundaries that separated one being from another.*

One lovely afternoon, about thirty ashramites and guests were walking with Master Sivanandaji in a wooded area on the upper level of the ashram grounds. It had been a pleasant but long walk, and the sky was almost dark. Among the hikers were a mother and daughter from Ceylon. They strolled as contentedly as all the others.

Suddenly the daughter fell, screaming, to the ground. She had been bitten by a scorpion. Immediately, there was a great commotion all around her. Master Sivananda stood apart as if to observe his disciples reacting to a crisis.

There was a terrible dilemma. Aside from the girl, who was writhing in agony on the ground, and her mother, who was anxiously bending over her, all the members of the company were male ashramites. They should never touch a female.

Immediately, a group decided to run back to the main ashram building, get a chair and two poles to make a *dholi* (a carrier), bring it back and have the girl sit in the *dholi*. This way they could carry her to the hospital area close to the bank of the Ganges. While all this planning went on, the girl cried in pain.

Satchidanandaji had observed the planning men and the screaming child. Though only a few moments had passed, it was easy to see that it would be a long time before the poor girl had relief from her torture if things proceeded at the present rate.

Even as some of the men started to run back for the supplies to make a *dholi*, Satchidanandaji dashed over, scooped up the girl in his arms and ran to the hospital in time for the effects of the poison to be neutralized. The doctors were able to give her an injection to bring immediate relief, and she rested as her grateful mother sat by her side.

Satchidanandaji walked back to the ashram.

In the meantime, a great furor had grown surrounding this incident. Many of the men were quite upset. “How could a male swami, who is not even supposed to touch a woman,

grab this girl, hold her and carry her?” Satchidanandaji was aware of the gossip, but he simply ignored it.

The gossip reached the ears of Master Sivanandaji. He had, of course, witnessed the whole event but had thus far been silent about it. After several days of this gossip, the Master spoke out. Smiling, he said, “Well, it looks like you are the people who are hugging and carrying the girl. Yes, Satchidanandaji picked up her body, took it to the hospital, left it; and, there the matter ended for him. He is free. He is not holding anything. But you are all so caught up in that and excited about it; you are still carrying her.” The ashram members who had been gossiping realized their folly and felt humbled. They apologized to their brother monk and told him what Master Sivanandaji had said about the matter.

A few months after this incident a dog was found sick and wounded, lying under a tree in the upper level of the ashram. The wounds had festered, and a terrible stench came from the animal. No one would go near it; but, of course, they wanted to help their fellow child of God. Plans were made to send the dog to the veterinarian in Rishikesh. A

horse-drawn tonga was prepared for the trip, but it could not be brought up the long hill to get the dog. Someone would have to bring the animal all the way down to the tonga. None of the monks nearby could bring themselves to touch the malodorous creature.

Satchidanandaji came by and heard of the situation. Quickly he picked up a piece of cloth, gently wrapped the dog in it and carried the animal to the tonga for the trip to the veterinarian.

Afterward, several of the ashramites who had gossiped about him before came forward. “Well, now we know that you really treat everybody equally. We were so disturbed to see you carrying a girl, even though we couldn’t help her otherwise. Now we see you carrying a dog that seems to have leprosy as easily as you carried that child. We know now that you are not thinking of them as the bodies. To you, it seems that both are great souls, and you are serving them equally.”

**Real service to humanity is service to the Lord. Don’t differentiate from person to person—whether it be God or dog. Treat all the same, as God.**

—Sri Swami Satchidananda

# Beat the Heat!

by Lakshmi Sutter, eRYT500

As the summer heat reached its peak in August (at least for those of us in the northern hemisphere!), we used techniques from our ever-expanding Yogic toolbox to help keep us cool. These are techniques that we can always use when overheated. It can be fun and illuminating to play with the basic practices that we know so well and adapt them to specific needs. As an example, extending exhalations while softening the breath is an effective strategy to stay cool. The Moon Salutation is also a cooling practice to release heat in the body.

While there are vast tools from which to draw, we'll focus this issue on inversions, particularly Shoulder Stand and *Vipareetha* (or *Viparita*) *Karani Mudra* and three pranayama techniques: *Sitkari*, *Sitali* and breathing to activate *Ida Nadi*. *Pranayama* has the power to cool and calm the physical body and also extends the same effect to the mind.

Two of these *pranayama* techniques are instructed during the Basic Hatha Yoga pranayama workshops but are not found in the manual at this time. In addition, the *Viparita Karani Mudra* has only recently been added to the basic level instruction. Each of these techniques is presented in Sri Swami Satchidananda's classic textbook, *Integral Yoga Hatha*. As the summer season moves into its fullness—or any time you're in a hot climate—try these techniques and experience their powerful results!



## Sitkari (wheezing or hissing breath)

From a comfortable, meditative position:

- Fold the tongue back (upward), breadth-wise around the middle so that the tip of the tongue touches the upper palate behind the teeth
- Close the eyes
- Clench the teeth, pressing lower and upper teeth together while separating the lips as much as is comfortable
- Suck in the breath through the clenched teeth with a hissing sound (Listen to the sound of the breath as the breath is drawn in)
- Fill the lungs to capacity
- Close the mouth
- Exhale slowly through the nose
- Repeat

If it's extremely hot, *sitkari* can be practiced for more than 10 minutes. *Sitkari* is an excellent counter technique to follow *bastrika* in summer months and hot climates. It cools the system after the excessive heat build-up from *bastrika*.

This practice is contraindicated for those with chronic constipation.

## Sitali (cooling breath)

From a comfortable, meditative position:

- Fold the tongue lengthwise like a tube
- Project the tip of the tongue outside the mouth
- Close the eyes
- Draw the air in through this tube with a hissing sound
- Fill the lungs to capacity
- Draw the tongue in, close the mouth and retain the air as long as is comfortably possible
- Exhale slowly through the nose
- Repeat

For those ready to experience retention (suggested only after the *Nadi Suddhi* inhalation easefully and consistently reaches a count of 10 and the exhalation a count of 20) a short retention can be practiced as a part of each of these techniques after inhalation, gradually extending its length. *Bandhas* can be incorporated just as in *Sukha Poorvika*.

These breaths cool the body, helping to remove heat, thirst, hunger and sleep. The saliva cools the air, in turn cooling the blood vessels in the mouth, throat and lungs followed by the stomach, liver and entire body. These techniques are said to purify the blood and improve digestion.

## Alternate Nostril Breathing

To cool the body, the *Ida Nadi* can be activated through closing the right nostril and breathing in and out through the left nostril. One can also achieve this by lying on the right side or by applying pressure under the right armpit.

This technique should be practiced in moderation to prevent the mind from drawing too deeply inward leading to a *tamasic*, or lethargic, body.

## Inversions

Inversions are generally considered to be useful in modulating body heat. The Shoulder Stand and "Reversing Seal" are particularly effective in cooling the body. These positions are very similar, with the primary difference being the angle of the back. In Shoulder Stand, the trunk is moving toward a vertical position; whereas, in *Viparita Karani Mudra*, the trunk is at an angle to the floor (approximately 45°).

To practice *Viparita Karani Mudra*, lie on the back in *Savaasana*. One can roll up as is traditionally instructed in *Integral Yoga*. One can also approach this seal by beginning in position for Bridge Pose, *Setu Bandhasana* (*Sarvangasana*).

- Draw the weight into one shoulder, and tuck the other shoulder under the body
- With the weight on the now-tucked shoulder, tuck the other under the body, bringing the weight onto the shoulder blades and shoulders
- Consider pressing the upper arms into the floor while the forearms and fingers point skyward, activating the area of the shoulder blades



Lakshmi Sutter

- Once the body feels strong enough to support the body, one can lift to the balls of the feet and place the hands slightly superior to ("above") the buttocks
- Lift one leg at a time (or both) and allow the hips and pelvis to rest in the support of the hands

Those experiencing high blood pressure, heart disease or enlarged thyroid should avoid inversions, as should those with injury to head, neck or shoulders. Practice *Viparita Karani Mudra* when the stomach and bowels are empty.

In this inversion, the sun—or heat—of the lower body near the naval is symbolically offered to the moon—or coolness—of the upper body near the upper palate. When upright, the coolness of the palate naturally drips toward the sun energy of the naval. When we invert, the fluids easefully flow back toward the head. One can visualize the hot fluid of the naval cooling as it meets the cooling moon energy with awareness at the throat.

## Resources Consulted:

- *Integral Yoga Hatha* by Yogiraj Sri Swami Satchidananda
- *Hatha Yoga Pradipika* by Swami Muktibodhananda
- *Asana Pranayama Mudra Bandha* by Swami Satyananda Saraswati
- *Surgery and Its Alternatives* by Sandra A. McLanahan & David J. McLanahan
- *The New Yoga for People Over 50* by Suza Francina

## Another Great Discount for IYTA Members

It pleases us immensely to announce a brand-sparkling-new benefit:

### Discounts for Swadeshi Yoga clothing purchased on-line!

Swadeshi has gorgeous Yoga apparel for men and women. Be sure to take a look at [www.swadeshiyoga.com](http://www.swadeshiyoga.com)

IYTA Members will receive a 25% discount off Swadeshi's already reduced Internet price, which is actually 35% off their suggested retail price.

To access this discount you will need to create an account with Swadeshi—very easy to do. Each month the discount code will change. We'll send out the new code through the Forum, and you will be able to enjoy this discount as long as your IYTA membership is active

#### Instructions

- Go to Swadeshi's website: [www.swadeshiyoga.com](http://www.swadeshiyoga.com)
- On the Right Menu Bar under Teacher Accounts click on Create Account.
- Enter your information along with the monthly-issued teacher code.
- Click Continue button at the bottom to successfully login.
- Your shopping cart will now reflect your discounted prices (You may have to click the refresh button on your WEB Browser).

(Please note that once you create an account you will have to login to access shopping cart pages so it will be important to remember your password.)

#### About Swadeshi Yoga

Experience the comfort of our Yoga clothing and join us in celebrating our craftsmanship and labor. Our years spent making apparel will become apparent once you experience the comfort, fit, and feel of our products. So join us in celebrating our craft by discovering for yourself what makes Swadeshi Yoga clothing and accessories special.

#### Swadeshi Village

Here in Andrews a group of people have grown up together crafting apparel. For nearly 30 years we have worked side by side, acquiring skill and experience while forging a deep sense of commitment to each other and our community. It is this experience and commitment that is finding expression in Swadeshi Yoga and it is what we wish to share with you.

#### Yoga Community

We come to this venture with a deep respect and appreciation for all that Yoga offers. A respect and appreciation fostered in large part by our association with people that share a love of this practice. We are excited about serving this rich and diverse community; promising the same level of commitment shared at Swadeshi Village.



#### What People are Saying . . .

"Your company continues to inspire us. We could not be more thrilled to have you as our source for yoga clothing for our students. The response has been amazing...It is the little touches that really set you apart...You can be sure we will spread the word about the terrific quality of your clothing and wonderful customer service."

—Wendy Gilliland, Simple Abundance Yoga

"Swadeshi's Sukara pants are my favorite!. They combine comfort with a flattering fit that surpasses any other pants ...Nearly all my students wear them."

—Lynda Gill, Mainstreet Yoga

"My Sukara knee-length tights were the only pants I wore to my classes this summer. They are so comfortable...with the non-elastic waistband I find they don't bind and they cover my stomach even in inversions. As soon as my students saw the first pair they wanted them as well. They are the best pants I have ever worn."

—Phyllis Rollins, 8th Street Studio

"Swadeshi clothes sell themselves. I encourage everyone to try them on and once they do, they're sold. The quality of the clothes is superb and I really like that they are made in the US... My studio specializes in Prenatal yoga. We have found that the Sukara pant can easily be used throughout the pregnancy. They also make a nice transition pant after delivery..."

—Cheryl Andres, Family Yoga

"When I look to do business with others, I look for customer service that excels; when I am purchasing products, I look for impeccable quality at a reasonable price. Swadeshi and Larry Urtz have exceeded my expectations in all areas. I look forward to doing business with Swadeshi for years to come."

—Patty Geiger, Triangle Pilates & Cary Yoga Center

## Positions Available with Your IYTA

#### Membership Coordinator

This self-motivated individual will report to the IYTA Director. He or she is preferably an Integral Yoga® instructor.

Responsibilities will include:

##### —Coordinating IYTA Member Services

- Receiving, processing, soliciting and following up with membership applications and renewals in a kind and timely manner
- Entering data: IYTA database (FileMaker Pro), Web site (basic HTML)
- Filing paperwork
- Responding to email inquiries
- Tracking Teacher Trainings offered worldwide to offer the benefits of membership to graduates
- Developing new member services for IYTA members (such as discounts)

• Administering the IYTA Forum

• Coordinating IYTA member liability insurance

##### —Managing Yogaville's Continuing Education program

- Reviewing Yogaville programs for provider compliance
- Coordinating material distribution with Programs Department
- Creating program evaluations
- Developing trainee documentation

#### Additional Opportunities

(as interested and available)

- Copyedit IYTA Newsletter articles
- Contribute to the IYTA Newsletter
- Coordinate logistics on weekend Academy programs
- Contribute to annual planning of Academy programs

#### Skills required

- Communication skills—both written and oral
- Telephone skills—Kind, courteous and serviceful
- Organizational strengths
- Computer proficiency
- Familiarity with database operations
- Creativity

The IYTA is housed within the Integral Yoga Academy, where we offer a team-based and flexible working environment.

If you are interested in this 3/4 - full time position, please contact Lakshmi Sutter at [iyta@iyta.org](mailto:iyta@iyta.org) or 434.969.3121 ext 137.

We are requesting a 2 year commitment.

#### IYTA Newsletter Editor or Assistant Editor

Watch the Membership Forums and the next IYTA Newsletter for details.

OR—no need to wait! For more information and to express interest, please go ahead and contact Lakshmi Sutter at [iyta@iyta.org](mailto:iyta@iyta.org) or 434.969.3121 ext 137.

#### Friendly Reminder

To access the "Members Home" members-only area of the IYTA website you need to enter your username and password.

Your username is your entire email address that we currently have on file; your password is our initials: iyta.

Both these need to be entered in lowercase letters for the login process to work.

If you are having difficulties accessing the Members Home with your username and password, or if you've had a change of email address recently, you might need to update us with. Please contact IYTA Member Services at [membership@iyta.org](mailto:membership@iyta.org) for assistance.

# Akasha, Prana and Pranayama

by Sri Swami Vivekananda

## Akasha

Pranayama is not, as many think, something about breath. Breath indeed has very little to do with it, if anything. Breathing is only one of the many exercises through which we get to the real Pranayama.

Pranayama means the control of Prana. According to the philosophers of India, the whole universe is composed of two materials, one of which they call Akasha. It is the omnipresent, all-penetrating existence. Everything that has form, everything that is the result of combination, is evolved out of this Akasha.

It is the Akasha that becomes the air, the liquids, and the solids. It is the Akasha that becomes the sun, the earth, the moon, the stars, and the comets. It is the Akasha that becomes the human body, the animal body, the plants, and every form that we see. everything that can be sensed, everything that exists.

Akasha cannot be perceived. It is so subtle that it is beyond all ordinary perception. It can only be seen when it has become gross and has taken form. At the beginning of creation there is only this Akasha. At the end of the cycle the solids, the liquids, and the gases all melt into the Akasha again, and the next creation similarly proceeds out of this Akasha.

## Prana

By what power is this Akasha manufactured into this universe? By the power of Prana. Just as Akasha is the infinite, omnipresent material of this universe, so is this Prana the infinite, omnipresent manifesting power of this universe. At the beginning and at the end of a cycle everything becomes Akasha, and all the forces that are in the universe resolve back into the Prana. In the next cycle, out of this Prana is

evolved everything that we call energy, everything that we call force.

It is the Prana that is manifesting as motion. It is the Prana that is manifesting as gravitation and as magnetism. It is the Prana that is manifesting as the actions of the body, the nerve currents, and as thought force. From thought down to the lowest force, everything is but the manifestation of Prana. The sum total of all forces in the universe, mental or physical, when resolved back to their original state, is called Prana.

At the end of a cycle the energies now displayed in the universe quiet down and become potential. At the beginning of the next cycle they start up, strike upon the Akasha, and out of the Akasha evolve these various forms; and as the Akasha changes, this Prana changes also into all these manifestations of energy. The knowledge and control of this Prana is really what is meant by Pranayama.

## Pranayama

How to control the Prana is the one idea of Pranayama. All the trainings and exercises in this regard are for that one end. Every one of us must begin where we stand and must learn how to control the things that are nearest to us. This body is very near to us, nearer than anything in the external universe, and this mind is the nearest of all. The Prana, which is working this mind and body, is the nearest to us of all the Prana in this universe. This little wave of the Prana that represents our own energies, mental and physical, is the nearest to us of all the waves of the infinite ocean of Prana. If we can succeed in controlling that little wave, then alone we can hope to control the whole of Prana. The Yogi who has done this gains perfection; no longer is he or she under any power. The Yogi becomes almost almighty, almost all-knowing.

*From Raja Yoga by Sri Swami Vivekananda*



# Yogaville Federal Credit Union

by Ramesh McCaw



The Yogaville Federal Credit Union is a member-owned co-operative not-for-profit financial that serves members of Integral Yoga®.

As a member of IYTA, you can join the Yogaville Federal Credit Union and open a savings account. There is a \$1.00 initial membership fee and a minimum deposit of \$5.00. Savings above \$2,000.00 receive the highest rate of return. The Yogaville Federal Credit Union also offers certificate accounts that generally have higher rates than offered by banks. Your savings are federally insured to at least \$100,000 and backed by the full faith and credit of the United States Government, NCUA National Credit Union Administration, a US Government Agency.

The Credit Union offers consumer loans to our members nation wide. New car loans are available to borrowers with terms up 84 months on qualifying cars. New car loan rates currently start at 5.85%. The Credit Union has loans with terms up to 72 months on newer pre-owned cars as well as various terms on older used cars. As of June 21, used car loan rates start at 6.15%. We also offer unsecured loans for the refinancing of credit card debt and consumer loans for the purchase of items such as a new computer.

Contact us for more information by telephone at 434-969-1225, email [yfcu@yogaville.org](mailto:yfcu@yogaville.org) or write to us at Yogaville Federal Credit Union, 108 Yogaville Way, Buckingham, VA 23921.

Yogaville Federal Credit Union  
"Not for Profit, Not for Charity, For Service."

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434-969-1225  
[yfcu@yogaville.org](mailto:yfcu@yogaville.org)



Happy TTs from the Summer Teacher Training:  
Alice Flynn, Line Hoidal, Katrine B. Urgard



# Right Intent, Right Speech, Right Action

by Lydia Nitya Griffith

This is an excerpt from Nitya's article *A Discourse on Buddha's Eightfold Path Teaching*.

## Right Intent:

One of the greatest challenges we face every day is the ego and making an effort to move past thinking only for our own selfish desires and comforts toward the needs of others. Enmeshed in this teaching is the 4 Noble Truths of Buddha. By recognizing our own suffering we can begin to release attachments, disregard our egotistical desires and realize that we alone do not suffer. Renouncing our desires in an effort to release our suffering is a major first step.

Thinking of the suffering of others and taking action to help them is another major accomplishment. Using the practice of daily meditation to center our thinking on the suffering of ourselves, our family, our community, our nation and the world with the intention of releasing suffering is a vital part of leading a Buddhist life.

Beginning each day with the intention of thinking of the betterment of others through acts of kindness, goodwill, and service is all you need to do. When you train your mind this way you will see all the opportunities you used to miss where you could help someone else. Simple acts such as letting someone on the road merge into your lane from an exit ramp, holding the door for a woman with a stroller, or offering your place in the supermarket line to someone with fewer items shows a charitable thought for others. When you see someone is in distress think of how you might help her out—sometimes a loving smile can be a wonderful gift, so can giving your time in some way. This is where Right Thinking can manifest into Right Actions like volunteering or making donations. Putting into perspective how your suffering pales against the suffering of so many others helps end the cycle of egocentric thinking.

It's amazing. When you open your life up in this way the world around you begins to bloom ever so slowly and, oh, so beautifully. Angels sing, Buddha smiles, and your mind turns with goodness like a great dharma wheel.

## Right Speech:

We can all relate to being a blubbing idiot at times. We have also witnessed countless politicians open their mouths and let loose all kinds of false truths. It is probably one of the hardest things to train ourselves on and practice daily. A thought comes into our mind; and, the next thing you know, you've manifested it into speech. The worst is in moments of heated debate, stress, frustration, drunkenness or over zealotry. The art of "mouna," silence, is one we should all try to practice more in our daily lives. Taking deep breaths and releasing both

the thoughts and the words can be very liberating.

As parents we reach that point of intense frustration with our children; and then anger sprays like rapid fire, scalding our children's ears. When you stop and think about how many people we come into contact with and how many of those people we speak to, it's enough to make your vocal chords ache.

I made a concerted effort years ago to not behave this way. I'm no saint, and I have my days and moments of weakness; but I try to move through my days far more silently, far more patiently, far more slowly. When I catch myself engaging in work gossip, I pull away from adding my two cents. When I catch myself finally passing that slow poke on the highway, I take a deep breath and send them a blessing instead of a curse. When I'm waiting in line I think of the cashier whose feet ache and who wishes he could be anywhere but there.

The other half of speech is hearing. We know that much of where we all go wrong is in misinterpreting what someone else has said. How often do you hear the words "I never said that!" or "That's not what I meant!"? I personally would rather spend the rest of my days in silence and communicate through writing. I express myself far more clearly and confidently through the written word. Allowing someone to speak without translating according to your way of thinking, according to your expectation, without busily coming up with a reply before they've finished is truly, actively listening. Clarify with questions to ensure you heard the person correctly and do not interrupt (to quote my mother).

When Buddha taught about Right Speech I imagine he wanted us to speak from the heart, from a place of deep compassion, peace and love. I don't think he could have imagined this world we live in today, full of media, full of shock and noise. Yet, we still, after all this time, can and should bring his teachings to this present moment. We can begin today to speak from the heart, to speak words that inspire, to speak so that others feel our compassion.

When you catch yourself engaging in words of gossip, slander, condemnation or judgment, choose to be silent. Choose to take deep breaths, opening the heart, releasing both the thoughts and the words that will only cause harm. I believe in a world where people speak more kindly and where enemies can become friends. And remember the old cliché; a smile is worth a thousand words. Know that to be true.

## Right Action:

Somehow this seems to reflect more intrinsically the manifestation of all the other Paths. Beyond Right Speech, Right Action is physical and has the potential to do far more good or harm than anything else human. There are institutions established to ensure Right Action according to human rights or animal rights—like the Red Cross, PETA, Amnesty International, and Habitat for Humanity. It's as if our modern world has created such organizations to be guardians to ensure Right Action is respected, if not enforced. So much of what we do in our simple, small lives has potential to significantly impact the world.

Think about just one part of Right Action like walking. Walking mindfully, we can observe the ants and other insects in our path and try to step around them. It's reducing ourselves down to the level of understanding that we are all interconnected, life is life, breath is breath. What arrogant part of our minds deludes us into thinking we are superior to anything, even an ant or slug? What would the world be like without them or us? Just as the Eightfold Path is interrelated, so we know everything is; and, in our infinite connection, we take a responsibility to treat all life with equality and respect. We have no right to abuse, harm, or kill another life. Without enemies we would have no comprehension of friendship; therefore, how can we call someone an enemy? Where does that line get drawn to the point where we want to take Action against or for another life?


The issues we see blasted across the headlines, numbly retold news stories all are only a microcosm of the suffering that goes untold everyday everywhere in this beautiful world of samsara. We all suffer, we all feel some level of abuse or terror just by being a witness, if not a victim. It's not about what happens to us, though; it's what we choose to do, and it's how we choose to ACT. It's with that great step we take to be mindful and compassionate in how we conduct our lives that changes the world. For instance, have you ever participated in one of the world prayer or meditation days? You want to talk about amazing ACTION and what that feels like? It's powerful.

What Buddha taught was simple. What Buddha taught was as simple as the ground from which trees and grass grow and a web of insects thrive. What have we—you, me, us—done to escalate humanity to the level at which we survive, struggle and suffer now? How can we make effective change to choose to live better, and LIVE RIGHT ACTION? We must learn to love. We must learn to embrace what is simple and pure again. We must unplug from all the lights and color to see, breathe, speak and act as if this were our last day, our only day to make a difference, to make an impact. You can start with a smile.

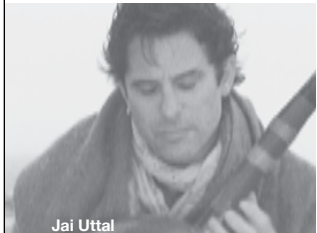



Lydia Nitya Griffith, RYT, has taught adult and children's yoga classes throughout Richmond. Lydia is a registered Certified Integral Yoga® Teacher and a certified Feng Shui Practitioner and Chinese Astrologer. Nitya's other business, Kharma Khameleon, is an online Buddhist/Spiritual web shop. <https://kharmakhameleon.com/>

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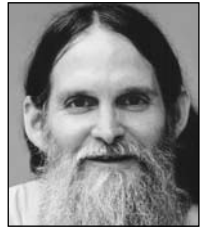
### Fall Programs

 <p>Jai Uttal</p>	<b>Yoga for People with Multiple Sclerosis</b> Karen O'Donnell Clarke September 11-14	<b>Healing Sounds</b> Jonathan Goldman September 12-14
 <p>David Newman</p>	<b>Ayurvedic Polarity Therapy</b> Amadea Morningstar M.A., R.P.P., R.P.E. September 19-21	
 <p>Wah!</p>	<b>Yoga &amp; Movement for Better Posture &amp; Relief of Back Pain</b> Sara Meeks P.T., M.S., G.C.S., K.Y.T. September 26-28	
	<b>Bliss of Chant Kirtan Festival</b> Jai Uttal, David Newman, & Wah! October 10-13	
	<b>Tantric Hatha &amp; the Seven Attributes of Spiritual &amp; Worldly Prosperity</b> Rod Stryker October 17-19	 <p>Rod Stryker</p>
	<b>LifeForce Yoga to Manage Your Mood</b> Amy Weintraub M.F.A., ERYT500 October 31-November 2	

1-800-858-9642 [www.integralyogaprograms.org](http://www.integralyogaprograms.org)

## INTEGRAL YOGA SENIOR SPEAKERS' SCHEDULES

Please contact local representatives for times, costs, pre-enrollment requirements, schedule changes, etc.



### Swami Asokananda

Sept 27 - 30 New York Programs

Integral Yoga Institute  
New York  
202-929-0586  
www.iyiny.org



### Swami Karunananda

Oct 4 - 5 Public Programs

Milan, Italy

Oct 11 - 12 Public Programs

Senegalia, Italy

Oct 19 - Nov 16 Raja Yoga for Basic TTs

Satchidananda Ashram-Yogaville  
800-858-YOGA  
arc@iyiva.org

Oct 24 - 26 "Prioritize, Spiritualize, Actualize"

Satchidananda Ashram-Yogaville  
800-858-YOGA  
arc@iyiva.org



### Swami Ramananda

Oct 4 - 5 Public Programs

Milan, Italy

Oct 11 - 12 Public Programs

Senegalia, Italy

Oct 19 - Nov 16 Raja Yoga for Basic TTs

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Oct 24 - 26 "Prioritize, Spiritualize, Actualize"

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arc@iyiva.org

## UPCOMING PROGRAMS AT YOGAVILLE

### September 2008

Sep 5-7 **Laugh-a Yoga Certification Program:**  
*Combining the Joy of Laughter and the Bliss of Yoga*

Sep 11-14 **Teaching Yoga to People with Multiple Sclerosis**

Sep 12-14 Healing Sounds Workshop

Sept 14-28 Integral Yoga Teacher Certification Training: Basic Hatha Yoga

Split Session:  
second part held March 15-29, 2009

Sep 17-21 Balancing The Emotions Through Yoga

Sep 19-21 Ayurvedic and Polarity Therapy

Sep 26-28 Yoga In The Workplace

Sep 26-28 Yoga and Movement for Better Posture and Relief of Back Pain

### October 2008

Oct 2-5 Fall Silent Retreat:  
*Discovering the Joy Within*

Oct 10-13 Bliss of Chant Kirtan Festival  
Jai Uttal & Daniel Paul,  
David Newman & MIRA,  
Wah!

Oct 10-17 **Yoga For The Special Child**

Oct 17-19 Tantric Hatha and the Seven Attributes of Spiritual and Worldly Prosperity

Oct 19-Nov 16 **Integral Yoga Teacher Certification Training :Basic Hatha Yoga**

Oct 21-26 Thai Yoga Massage 1 [Intensive I]

Oct 24-26 Prioritize, Spiritualize, Actualize: Practical Lessons in Spiritual Life with Swami Karunananda

Oct 28-Nov 2 Thai Yoga Massage 2 [Intensive II]

Oct 31-Nov 2 LifeForce Yoga to Manage Your Mood with Amy Weintraub,

### November 2008

Nov 7-9 **Teaching Yoga To Our Elders**

Nov 7-9 Basic Meditation with Swami Gurucharanananda (Mataji)

Nov 7-9 Enlightening Moments: Being in the Now with Gopal & Radha Bello

Nov 14-16 Diving Deeper into Hatha Yoga and Meditation with Swami Asokananda

Nov 14-16 Ayurveda for Rejuvenation & Anti-Aging with Michael Muktan Sullivan, D.C., D.Ay.

Nov 21-23 Back to Basics: Introductory Yoga Weekend with Lakshmi Sutter, eRYT500

Nov 28-30 Fall Renewal Through Yoga: Bringing Health & Happiness to Your Daily Life



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