

YOGAVIDYA

APRIL 2024

BYK MONTHLY NEWSLETTER



Image from Yoga session by BYK volunteers during the Residential Satsang with Sri M @Ahmedabad (April 2024)

“ If your **body** is healthy, your mind is healthy. Your **mind** is healthy, you are getting ready for ascension to spiritual health, and then you go **beyond**, So this is the **reason why yoga is practiced** “

- Sri M

Body, Mind & Beyond The Union of Yoga

Thank you for embracing Yogavidya with such overwhelming support and enthusiasm. Your encouragement has been the wind beneath our wings, propelling this newsletter to new heights and making it a cherished monthly companion for many.

As April dawns, bringing with it celebrations of new beginnings across cultures - Navratri, Ugadi, and many more - it's a time ripe for reflection and rejuvenation. These festivals not only mark the advent of the new year in various calendars but also symbolize the eternal cycle of life, renewal, and the essence of our very existence.

This month's theme, 'Body, Mind & Beyond,' invites us to explore the complex tapestry of our material reality (the body), our psychic reality (the mind), and the vast, often intangible spiritual reality that lies beyond. In this sacred triad, where do we find our true selves? Are we merely the sum of our physical parts, or do we transcend the confines of our minds to touch something profound and boundless?

As we navigate through this edition, let's ponder some thought-provoking questions. Are you your body, the very flesh and bones that navigate the material world? Or are you something beyond, a spark of consciousness unfettered by the dualism of physical and non-physical? In the dance of existence, where does your essence truly lie?

We invite you to dive deep with us into these explorations, shedding light on the age-old debate between dualism and non-dualism, and perhaps, in the process, uncovering more about the mysteries that define and drive us.

Let this edition be a beacon that guides you through the intricate layers of being, encouraging a genuine curiosity and an earnest quest for understanding the profound interconnectedness of our existence.

Welcome to a journey of discovery, reflection, and enlightenment with the April edition of Yogavidya.

- BYK Family

This Month in Yogavidya:

Witness Consciousness
- Sri M Exclusive

“Talking with M”
- Cartoon Series

Harmonize Your Body,
Mind & Soul - Blog Post

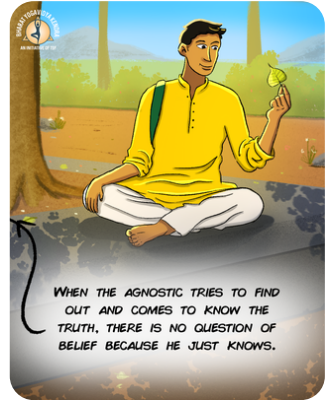
Finding the Oasis
- Book Review

Yoga Mudrasana
- Asana Guide

Kosha Meditation
- Yoga Resource

Beauty
- Ayurveda Wisdom

Navratri Bonus
- 9 printable cards



Sri M talks about watching oneself, how thoughts are perceived and the meaning of **witness consciousness**.

He elaborates on the difference between the absolute consciousness and the one who is watching and he further explains the meaning of the meditation where the watcher and the object watched is one.

<<<Click/tap on the video to watch this exclusive session of Sri M addressing BYK TTC students

“Once you sit down and say, now the last part, meditation, Dhyana. Remember that at the moment, the watcher is not different from that which it is watching. What we call the witness is a product of this mind and its thoughts. It's not different yet. With this understanding, if you watch, you can do nothing about it. Be passive. You cannot actively do it. And when you watch with this understanding, then you come to a feeling that there is nothing I can do, just sit. When that nothing I can do happens, then you are on your way. No other grasping anywhere.”

BLOG POST

Harmonize Your Body, Mind & Soul

Let's start with an analogy from the 80's, when most households had a TV with an antennae on the roof. For quality reception one had to align the antennae to the correct angle and position. Only then would the antennae capture the signal and beam the perfect video.

The TV is like the physical body which is the gateway to the world, the antennae like the mind – when aligned and in control it is effective and powerful. The electromagnetic waves are like the sea of consciousness that is all pervading. When all three are aligned and in synergy they work to perfection. Similarly, **synergy of Body, Mind & Soul is the key to open the passage to health, happiness and spiritual progress.**

The question then is - How do I achieve this? Let's start by identifying the 3 key constituents.

1. **Body** - The edifice you live in that carries you through life and lets you experience the world through your senses.
2. **Mind** – Constantly working restless repository of your beliefs, thoughts, and actions.
3. **Soul** - The spiritual part of who you are.

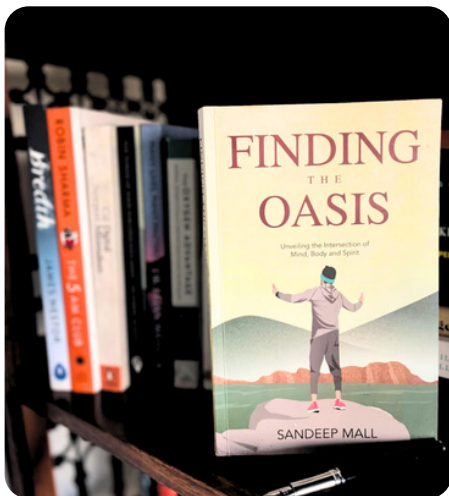


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BOOK REVIEW

Finding the Oasis: Unveiling the Intersection of Mind, Body and Spirit



Interestingly, Swadhyaya- the Library at The Sacred Grove, received a complimentary copy of this book, just when BYK had decided upon “Body, Mind and Beyond”, as the theme for the April issue of the Newsletter. As if some hidden hand was inviting attention towards integration of these aspects of human life! So it was tempting to share a few observations on this book to invite reflections.

The author shares with the readers **the turning points** in his life, marked by an accident, his reflection in the mirror that disturbed him, and the wakeup call sent out by health checkups. He does well to question the modern-day approach to health as largely being limited to controlling the disease. Hereafter, the emphasis is on healthy body, de-stressing of the mind, cultivation of emotional health by connecting with significant others like family and even conducive physical and psychological environment. The author painstakingly works out a beneficial approach to diet and exercise, draws inspiration from BKS Iyengar’s quote that **a healthy body and mind open the gates of the soul.**

To connect with that which lies beyond the psychophysical, the author borrows wisdom from Tihch Naht Hanh, Dalai Lama, Martin Luther, and even Emerson , and comes to rest in the world of life coaches who work upon refining health, mind, emotions, etc in the service of the corporate sector that is a bit more sensitive, more aesthetically attuned, but still in the service of “success” that had made the author ponder at his reflection in the mirror. There is no leap to dissolve the limited self that is at the core of all ill-health at physical, psychological and spiritual levels.

One wonders if one day our fragile peace, induced by well exercised bodies and unruffled emotions rested in convenient network of significant others, awaits yet another crisis, to trigger a journey from incompleteness to that which is ever complete - **Om Purnamadah Purnamidam, Purnat Purnamudachyate,,Purnasya Purnamadyaya Puramevavashishyate .**

(Finding the Oasis: Unveiling the intersection of Mind, Body and Spirit - Sandeep Mall (2024), Popular Prakashan, Pvt Ltd, Mumbai)

ASANA GUIDE

Yoga Mudrasana

Yoga Mudrasana (the psychic union pose) combines physical alignment with hand mudras or gestures. It helps deepen awareness of subtle energy channels (nadis) and enhance the meditative experience. By practising Yoga Mudrasana, one can achieve a state of balance and harmony between the physical, mental, and spiritual aspects of their being.

Benefits

- Massages the abdominal organs
- It stretches the spine, tones the spinal nerves.
- calm the mind, enhance concentration & promote peace

Contraindications

People with back and heart conditions, eye injury, knee or hip injuries, osteoarthritis should avoid this asana. Those in early post-operative or post delivery period should avoid.

Counter Asanas

Preceded or followed by a backward bending asanas - Sarala Matsyasana, Ushtrasana or Bhujangasana.



Steps to Perform Yoga Mudrasana

1. Sit in Padmasana or Ardha Padmasana and close your eyes.
2. Hold one wrist behind the back with the other hand
3. Inhale deeply, While exhaling, bend forward, with straight spine.
4. Bring the forehead to the floor as much as possible.
5. Relax the whole body in this pose, breathing slowly and deeply.
6. Do not strain the back, ankles, knees or thighs.
7. Return to the starting position & repeat on the other side.

- Duration: Try to remain in the final position for one or two mins
 - Awareness: Physical- on the back, abdomen or breathing process.
Spiritual- on Manipura chakra
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YOGA RESOURCE

Pancha Kosha Meditation



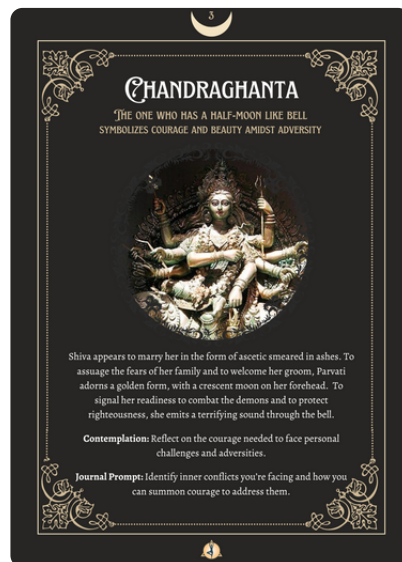
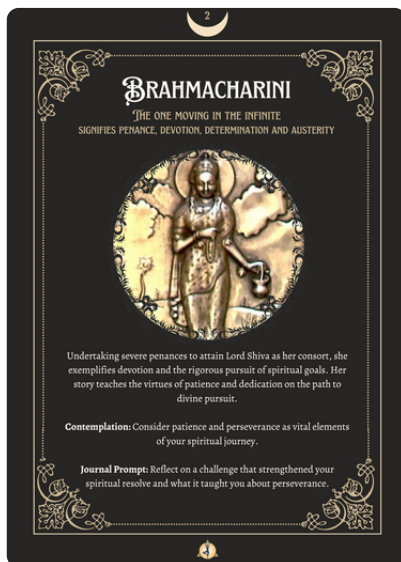
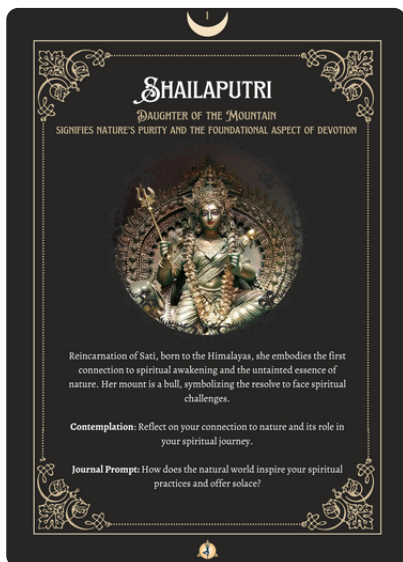
Embark on our Pancha Kosha Meditation - a unique guided session designed to align and harmonize the five layers of your being. From the Annamaya Kosha to the Anandamaya Kosha, explore each kosha to unlock profound peace, balance, and a deeper connection.

Perfect for beginners and seasoned meditators alike, this meditation provides insightful guidance into self-awareness and holistic well-being. Experience the tranquility and rejuvenation that comes from a harmonized existence.

A unique 25-minute guided meditation awaits you...

NAVARATRI BONUS

9 Navaratri Cards with Contemplation & Journal Prompts



[Download all 9 printable cards here](#)

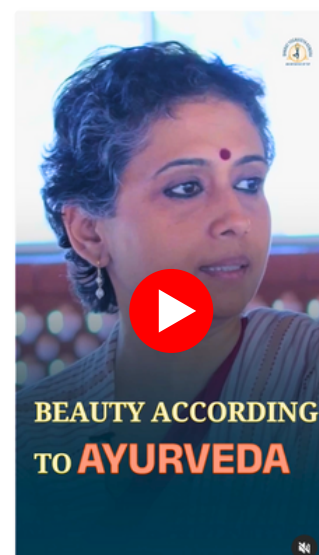
AYURVEDA WISDOM

What is Beauty?

In the realm of Ayurveda, beauty transcends the superficial, embodying a holistic essence that integrates physical, emotional, and spiritual well-being. Watch Ayurveda expert Ms. Sujata Ramachandran from ArogyaM, talk about these key concepts regarding beauty:

- **Varnya:** Ayurveda's dedicated section to beauty, emphasizes enhancing one's appearance through natural and holistic methods.
- **Abhyanga (Massage):** A practice that rejuvenates the skin, muscles, and overall agility, promoting youthful vitality.
- **Holistic Beauty:** Ayurveda views beauty as an amalgamation of bodily quality, emotional stability, and sharp reflexes, far beyond just physical appearance.
- **Caution Against Modern Treatments:** While some modern beauty treatments offer benefits, others, like Botox, pose significant health risks when misused.

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SPOTLIGHT OF THE MONTH

Webinar on Mindful Parenting



In our recent webinar on **mindful parenting and yoga for kids**, **Viraj Naidoo**, **Chitra Ganesh** and **Ambika Rao** explored how parents can foster deeper connections, enhance emotional resilience, and cultivate a sense of peace and balance in both themselves and children.

Thanks to all those who joined and for sharing your insights and questions with us, watch the full session here.

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Ayurveda Cooking Course



The Ayurveda Cooking Course at ArogyaM, located at the Sacred Grove Campus, offers practical sessions on preparing Ayurvedic meals that promote health and balance.

The program covers the basics of Ayurvedic nutrition and how to incorporate these principles into everyday cooking. It's a hands-on course designed for anyone interested in enhancing their well-being through food.

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You Asked, We Answered - Slow & Gentle Yoga Classes are Here!

Discover the gentle power of healing with our **Restorative Yoga course** at BYK. Designed to soothe both body and mind, this program guides you through gentle and easy yoga poses, deep relaxation techniques, and breath work to release stress and tension. Perfect for seniors, those with limited mobility, or anyone seeking a nurturing yoga practice. Embrace a path to inner peace and rejuvenation. Learn more and join our nurturing sessions

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ALUMNI CREATIVE SHOWCASE

(send us your work to be featured on our upcoming newsletters)



Suruchi, the Artist writes: *I came across a video by Sri M titled "Painting and the Art of Meditation" during the COVID-19 pandemic. It was intriguing because I didn't expect a spiritual teacher to promote hobbies. Instead, I anticipated karma-yoga, which for me translated into engaging in useful activities without expecting rewards.*

Nevertheless, I retrieved my neglected art supplies and painted along with him. The resulting artwork was simple but intriguing—resembling light emerging from a tunnel. This process ignited an interest for painting. It's been three years since the video, and I now view painting as a beautiful means of enhancing awareness and perception.



DID YOU KNOW?

Did you know art can be a profound medium to explore the connection between mind, body, and soul? Sri M, and other spiritual teachers have utilized art to express and discover this deep relationship. Sri M's sketches and paintings, for example, often reflect his spiritual journeys and insights.

Alan Watts, emphasized the importance of creative expression as a pathway to understanding the self and the universe. Scientifically, studies have shown that engaging in artistic activities can enhance mental health and emotional well-being.

Q&A CORNER

YOGA EXPERTS ANSWER

Q: With a demanding job and family responsibilities, I find it hard to make time for yoga and meditation. How can I incorporate these practices into my busy life?

Balancing the demands of a busy career and family life can make it challenging to find time for yoga and meditation. However, integrating these practices doesn't require hours of your day; even short, focused sessions can be profoundly beneficial. Consider starting with just 5-10 minutes of meditation in the morning or a few simple yoga stretches before bed. Look for "pockets of peace" throughout your day, such as practicing deep breathing during a commute or mindfulness during routine tasks. Remember, the quality of your practice matters more than quantity. Making these practices a non-negotiable part of your daily routine, much like brushing your teeth, can help ensure they become a natural and enriching part of your life.

Q: I've been struggling with body image issues, and while I want to try yoga, I'm intimidated by the images of perfection I see online. How can I overcome this?

The portrayal of yoga on social media can often be misleading, focusing on aesthetic perfection rather than the practice's intrinsic value. It's important to remember that yoga is for every body, regardless of shape, size, or flexibility. To overcome intimidation, seek out classes designed for beginners or those that emphasize body positivity. Many online platforms and local studios offer inclusive sessions that celebrate diversity and encourage self-acceptance. Starting with gentle yoga or restorative classes can also help you build confidence in your practice. Remember, yoga is a personal journey of self-discovery and growth, not competition or comparison. Embrace where you are, and honor your body's unique capabilities.

Q: Lately, I've been feeling overwhelmed by the negativity in the news and on social media. How can yoga help me maintain a positive outlook in such a challenging climate?

The constant exposure to negativity in the news and on social media can take a toll on mental health. Yoga offers powerful tools for cultivating inner peace and resilience. Asanas (yoga poses) and pranayama (breathing exercises) can help reduce stress and anxiety, while meditation can provide a sense of calm and clarity. Consider taking a digital detox, allocating specific times to unplug from electronic devices. Incorporate yoga practices that emphasize positivity, such as gratitude meditation or loving-kindness meditation (Metta), to nurture a compassionate and optimistic perspective. Engaging with a supportive yoga community, whether online or in person, can also provide encouragement and uplift your spirits during challenging times.

Q: I really enjoyed reading the March Newsletter, I was wondering how to support this initiative and or contribute to it.

We're happy to hear you enjoyed our March Newsletter! Your willingness to support and contribute touches our hearts deeply. To get involved, you might consider writing an article, sending us an artwork or sharing your personal experiences, or offering insights related to our themes. Additionally, spreading the word about our newsletter to friends and family who might benefit from it is a wonderful way to support us. For more details on how to contribute, please contact us directly.



Thank you for reading!

Write to us for any questions, queries or if you'd like to contribute to Yogavidya

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TO REGISTER FOR ANY OF OUR COURSES - Call 91 8333 981 309
