

YOGAVIDYA

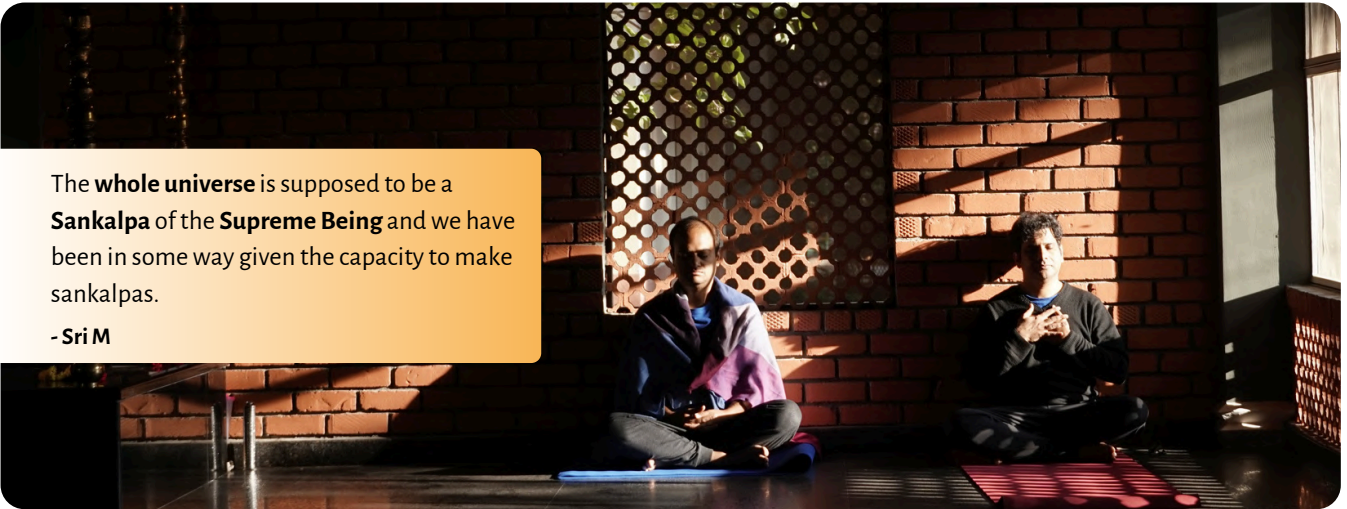
MAY 2024



BYK MONTHLY NEWSLETTER

The **whole universe** is supposed to be a **Sankalpa** of the **Supreme Being** and we have been in some way given the capacity to make sankalpas.

- Sri M



Sankalpa

Planting the Seed of Intention

Welcome to the latest edition of Yogavidya, where we focus on the power of Sankalpa. This simple yet profound concept holds the essence of focused intention. It's like a seed planted in the fertile soil of your mind, ready to grow into something beautiful and purposeful.

In everyday life, we often feel the pull to make a change or seek growth. Maybe it's the Sankalpa to read this newsletter fully and gain wisdom or the Sankalpa to return to your yoga practice after a long break. Perhaps it's the intention to deepen your practice and spend 5 more mins in your sadhana.

A Sankalpa isn't just an abstract wish; it's a commitment that resonates with your heart's deepest desire. It's a sacred vow—a promise to yourself, especially during challenging times.

Once you set this intention, it serves as your compass, keeping you on track. So even when it gets hard and you are faced with resistance, the Sankalpa keeps whispering to you: "Take just one more step."

In this edition, we offer stories, guidance, and practices to help you set and nurture your Sankalpa. We share how setting a small but heartfelt intention can guide your journey—whether you're seeking to reconnect with your practice, try new forms of meditation, or just bring more joy into your life.

Our Sankalpa for this issue is for it to be a guide, to make you think and perhaps inspire to plant a seed, and leave you with some tools to water it with consistent action.

May your Sankalpa guide you well.

With you in this journey,
BYK Team

This Month in Yogavidya:

On Sankalpa
- Sri M Exclusive

"Talking with M"
- Cartoon Series

The Power of Sankalpa
- Blog Post

Swami Vivekananda: On
Himself - Book Review

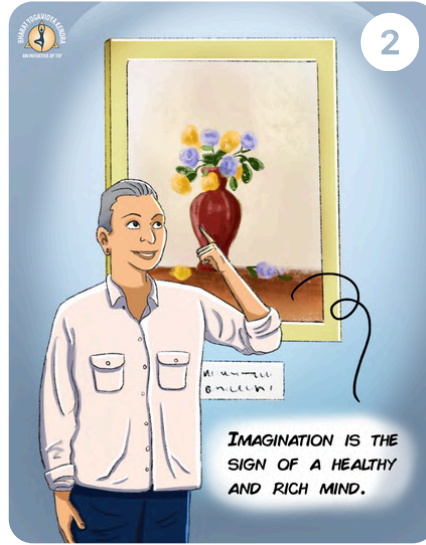
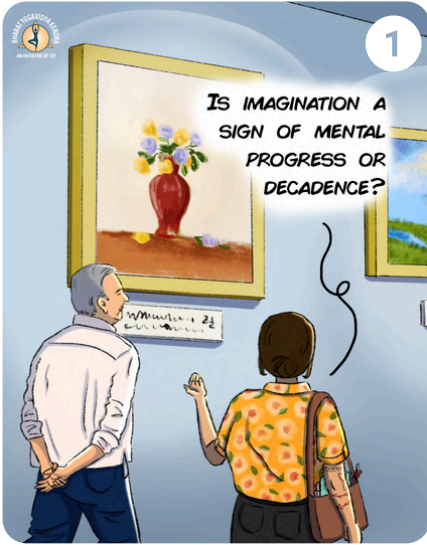
Sankalpa Mudra
- Asana/Mudra Guide

Shiva Sankalpa Suktam
- Yoga Resource

Sankalpa in Dinacharya -
Ayurveda Wisdom

21 Day Yoga Journey

'Nath Text' Series



BLOG POST

The Power of Sankalpa

Being born in the human form is a blessing. Humans are endowed with rare qualities to help them discover their true Self. **Sankalpa** is one such attribute. The Blog will try to shed light on this powerful tool.

एकोहम बहुस्याम

Ekoham Bahusyam

The **Chandogya Upanishad** mentions the Sankalpa of Brahman - I am one, I wished to become many.

The word "Sankalpa" is derived from the Sanskrit words "San," which means a connection or union, and "Kalpa," which refers to an intention or vow. Together, these two words form the essence of what a Sankalpa represents – a powerful statement of intent that connects us to our true desires and goals.

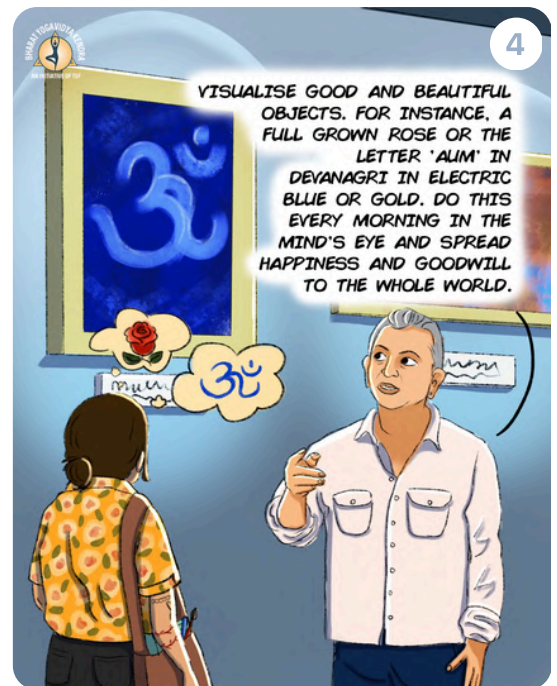
A Sankalpa is more than just a resolution or goal-setting exercise. It is an affirmation that aligns our thoughts, actions, and beliefs with our deepest aspirations. It is a desire backed by right intentions – that are focused, meditative, benevolent & inclusive.

Sankalpa is the seed and the subconscious mind the sub soil. Once the seed is planted and followed by necessary action the universe helps overcome the obstacles and guides you towards its fulfilment. Faith and the combined energy of Guru - Shishya help in harnessing this (click learn more to continue reading the blog)

LEARN MORE

DID YOU KNOW?

Did You Know? **Sankalpa** is a firm intention (**San** meaning "connection"), while **Vikalpa** involves illusion or misperception (**Vi** meaning "separation").





Sri M talks about Sankalpa—a rare human ability to imagine and visualize, he says “what you visualize, that you become.”

Where does reality begin, and how does Sankalpa differ from mere projection? Is this quality necessary, and what makes it crucial in guiding your life?

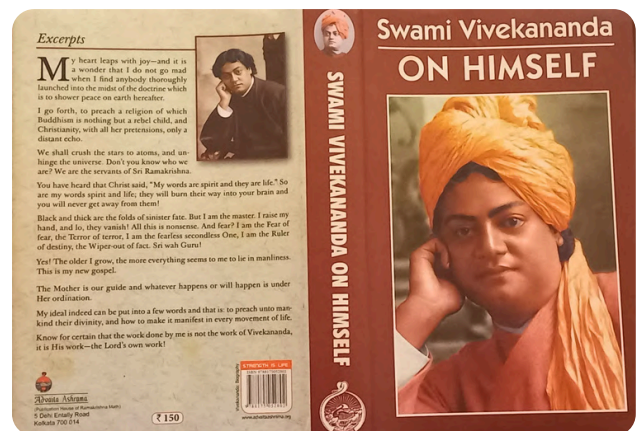
Learn about the potential pitfalls to avoid and how to use this power to your advantage, all while staying rooted in your values. Watch this short video to ponder upon Sri M’s wisdom on Sankalpa

BOOK REVIEW

Sankalpa in Life and in the Face of Death

The word ‘Sankalpa’ instantaneously reminds one of the Sannyasin’s words, **“I do not want Mukti. As long as there shall be one soul left, I have to come again and again”**. This encapsulates the journey of Swamiji’s life and death shared in this volume.

Though the content is culled out of different publications, it is autobiographical in narration, sharing his musings and messages. It is compiled so painstakingly that only the inverted comas give away the fact that the author is being quoted verbatim from another source.



After a brief account of Narendra’s birth and boyhood, this book shares the life journey that is coloured and is inseparable from that of his master - Sri Ramakrishna. His being is shaped and dissolved in the ‘lila’ (divine play) of the Paramahansa. The touching accounts of Narendra uniting other ‘chosen ones’ in the fold of Sanyasa and their years of struggle and service, living the new meaning of Sanyasa and Gerua (ochre robe) given by Sri Ramakrishna, tugs at the heart of every reader. It must have inspired sankalpa of Sanyasa in many a heart.

The Shloka from Kathopanishad - **Uttishtha Jagrata Prapya Varannibodhata**, was his call to his fellow beings both in the West and the land of his birth. His speech in the World Parliament of Religions led to the path of service of carrying the wisdom of the rishis to the West, followed by setting up the order of Ramakrishna Mission, inspiring them to serve the Daridra Narayana - the divine in the form of the poor.

The last chapter of the book – “The Last Days”, shares Swamiji’s reflections in the face of failing health. His dear Master had shared that “Naren” will not live to see the 40th year. It was the unspoken fear lurking in the hearts of his fellow travellers. Swami ji was calmly preparing to embrace it in all its beauty. Reading his words here brings such calm and reverence for the one who lived his Sankalpa to its last letter!

“It may be that I shall find it good to get outside of my body – to cast it off like a disused garment. But I shall not cease to work! I shall inspire men everywhere, until the world shall know that it is one with God.” These words on nearing his death, sums up the embodiment of his Sankalpa in life and in the face of death.

(Book review -Swami Vivekananda: On Himself, PP 353, Fifth Edition, 2020, Publisher Advaita Ashram, Mayawati)

ASANA/MUDRA GUIDE

Sankalpa Mudra

Sankalpa mudra is a hand gesture used either during meditation, contemplation or asanas to enhance the effect of a sankalpa or intention.

It also conduits deep-rooted intentions and commitments when performed during Brahmacharya Sacred Ceremony known as **Sandhyana Vandhanam**.

Like all mudras, sankalpa mudra provides an energetic seal. In this case, the mudra is said to connect the left and right sides of the brain, uniting the body, mind and spirit in cooperative action to bring about change. Energy stored in the body is thought to be released when the seal is made. Once the hands are in position, the mudra can be held with a sense of stability and contentment.

How to Perform Sankalpa Mudra

- Sitting in any meditative pose place the left hand with palm facing up on the right thigh or knee.
- The right hand covers the left with the palm facing downwards.
- Clasp the hands together. As such, the fingers of both hands should rest naturally together.
- The elbows are relaxed in beside the rib cage
- Maintains a calm but alert posture.
- You can rest your gaze forward at any point or follow the practice with closed eyes.
- Relax your jaw and meditate in Sankalpa Mudra for 6-8 breaths or as per capacity.
- One can interchange the hands, left over right or right over left, as per your comfort.
- Hold the mudra only for as long as it is comfortable otherwise it will become a distraction.

Benefits

- Enhances the effect of any sankalpa or resolution
- Brings about a sense of calmness and tranquility.
- Improved connection between the right and the left side.
- Helps release negative thoughts and set positive goals.
- Help practitioners progress toward higher limbs of yoga

Contraindications - none and it is extremely to safe to practice.



Sri M says...There is this great Buddhist Mahayana chant that says,

“At some point or the other, in our endless cycle of rebirths, every individual on this earth must have been our mother! Therefore, I bow before all the individuals on this earth; help me to take them to Nirvana.”

**WISHING ALL MOTHERS,
HAPPINESS AND EVERLASTING JOY,
TODAY AND EVERY DAY!**



Happy Mother's day from all of us at BYK

YOGA RESOURCE

Shiva Sankalpa Suktam

Shiva Sankalpa Suktam is a hymn from the Rig Veda comprising six verses focused on fostering auspicious thoughts. The hymn emphasizes guiding one's mind toward noble goals, promoting clarity and purity in intentions, and aligning thoughts with positivity. By invoking the divine, it inspires a disciplined mind and a focused will that contribute to spiritual growth and the well-being of all beings.

To listen to the Suktam, click below

LISTEN NOW



Text Reference from Swami Tejomayananda, *Divinising the Mind- Siva sankalpa suktam*, Central Chinmaya Mission Trust, Mumbai, 2013)

ALUMNI CREATIVE SHOWCASE

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



Featured above is **Kavitha Abhilash's** artwork. She is a dedicated student of jewelry CAD, a homemaker, a passionate yoga practitioner, and a committed spiritual seeker. Drawing has been a lifelong love that lets her lose herself in creativity, capturing the beauty of nature in small, vivid snippets on paper.

Her joy lies in bringing out the intricate details of each subject through color. Every new piece is a journey that begins with a mix of excitement and concern. The appreciation and criticism she receives fuel her growth, and each creation deepens her understanding of the world around her.

यज्जाग्रतो दूरमुदैति दैवंतदु सुप्तस्य तथैवैति।

दूरङ्गमं ज्योतिषां ज्योतिरेकंतन्मे मनः शिवसंकल्पमस्तु।।

*Yad jāgrato dūram udaiti daivam tadu suptasya tathavaiti
dūraṅgamam jyotiṣām jyotir ekam tan me manaḥ śiva-saṅkalpam astu*
May my mind- that mind which runs far from the waker and returns
back to the deep sleeper, that wanderer who is the light of all lights-
have auspicious thoughts (good intentions).

येन कर्माण्यपसो मनीषिणोयज्ञेकृण्वन्ति विदथेषु धीराः।

यदपूर्वं यक्षमन्तः प्रजानां तन्मे मनः शिवसंकल्पमस्तु।।

*yena karmāṇi apaso manīṣiṇo yagye kṛṇvanti vidatheṣu dhīrāḥ
yad apūrvam yakṣam antaḥ prajānām tan me manaḥ śiva-saṅkalpam astu*
May my mind-that mind by which the wise men, well established in
Karma Kanda, remain engaged in various fire rituals (yajnas) and also
that which is unique and lives in all beings-have auspicious thoughts.

यत्प्रज्ञानमुतचेतो धृतिश्चयज्ज्योतिरन्तरमृतं प्रजासु।

यस्मान्नरते किञ्चन कर्मक्रियतेतन्मे मनः शिवसंकल्पमस्तु।।

*yat pragyānam uta ceto dhṛtiśca yat jyotir antaḥ amṛtam prajāsu
yasmān na rte kiñcana karma kriyate tan me manaḥ śiva-saṅkalpam astu*
May my mind-that mind which is endowed with intelligence,
consciousness, fortitude, is immortal and the light within all beings,
and that without which no action is possible-have auspicious
thoughts.

येनेदं भूतं भुवनं भविष्यत्परिगृहीतममृतेन सर्वम्।

येन यज्ञस्तायते सप्तहोतातन्मे मनः शिवसंकल्पमस्तु।।

*yenedam bhūtam bhuvanam bhaviṣyat pariḡrhitam amṛtena sarvam
yena yagyas tāyate saptahotā tan me manaḥ śiva-saṅkalpam astu*
May my mind-that mind which is immortal because of which the past,
present and future is known, that through which the fire ritual with
seven priests is performed- have auspicious thoughts.

यस्मिन्नृचः साम यजूषियस्मिन् प्रतिष्ठिता रथनाभाविवाराः।

यस्मिंश्चित्तं सर्वमोतं प्रजानांतन्मे मनः शिवसंकल्पमस्तु।।

*yasmin ṛcaḥ sāmahaḥ yajūṣi yasmin pratiṣṭhitā rathanābhāvivārāḥ
yasminś cittam sarvam otam prajānām tan me manaḥ śiva-saṅkalpam astu*
May my mind-that mind in which the Rig, Sama, and Yajur Veda
mantras are established like the spokes in the hub of a chariot wheel
and by which the minds of all beings are pervaded-have auspicious
thoughts.

सुसारथिरश्वानिव यन्मनुष्यान्नेनीयतेऽभीशुभिर्वाजिन इव।

हृत्प्रतिष्ठं यदजिरं जविष्ठंतन्मे मनः शिवसंकल्पमस्तु।।

*suśārathir aśvān iva yan manuṣyān nenīyate'bhīshubhir vājina iva
hṛtpratiṣṭham yad ajiram javiṣṭham tan me manaḥ śiva-saṅkalpam astu*
May my mind-that mind which guides men like a good charioteer that
controls the horses, and which dwells within and is ageless and fast-
have auspicious thoughts.

AYURVEDA WISDOM

Sankalpa in Dinacharya: Cultivating Daily Intentions

Dinacharya, derived from 'Dina' (day) and 'Acharya' (activity/behavior), is a profound Ayurvedic concept aimed at syncing our daily lives with our natural circadian rhythms to promote overall well-being. This routine is more than just a schedule; it's a way to deepen our connection with nature and balance our doshas—Vata, Pitta, and Kapha—through carefully timed activities. Here's how integrating Sankalpa, or focused intention, enriches this daily practice:

- **Intentional Awakening:** Rising during Brahma Muhurta (just before sunrise) enhances the sattva quality in us, setting a serene tone for meditation and intention setting.
- **Mindful Cleansing:** Practices like oil pulling and nasal administration (Nasya) not only cleanse the body but also clear the mind, reaffirming our daily intentions.
- **Conscious Nourishment:** Aligning meal times with the peak periods of digestive fire, particularly a substantial lunch during Pitta time, supports both physical health and mindful eating practices.
- **Purposeful Activity:** Incorporating exercise and self-massage (Abhyanga) as per the body's energy cycles not only revitalizes the body but also reinforces the resolve for self-care and discipline.
- **Restorative Sleep:** Ending the day with practices that calm the mind, such as light meditation or reading spiritual texts, ensures our actions throughout the day align with our Sankalpa for peace and rejuvenation.

By embedding Sankalpa into each aspect of Dinacharya, we not only nurture our physical health but also cultivate mental clarity and spiritual awareness, guiding us towards a more disciplined, peaceful, and purposeful life.

SPOTLIGHT OF THE MONTH

Celebrating International Day of Yoga with a 21-Day Yoga Journey



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
21 DAY YOGA CALENDER <i>Free practices everyday to work with you body and mind, helping you go beyond</i>						01 BODY Joint Mobility
02 BODY Shoulder and Arms	03 BODY Chest Opening Practice	04 BODY Spine Conditioning	05 BODY Core Strengthening	06 BODY Hip Mobility	07 BODY Lower Body Opening	08 MIND Breath Balancing
09 MIND Healthy lungs	10 MIND Temperature Regulation	11 MIND Happy Hormones	12 MIND Good Gut & Digestion	13 MIND Emotional Release	14 MIND Calming the Nervous System	15 BEYOND Mind and Breath Connection
16 BEYOND Pancha Prana Meditation	17 BEYOND Pancha Koshas Meditation	18 BEYOND Chakra Meditation Part 1	19 BEYOND Chakra Meditation Part 2	20 BEYOND Yoga Nidra for Deep Relaxation	21 BEYOND Special Spractice: Gratitude & Dedication	<i>lokaḥ samastāḥ sukhino bhavantu</i> <i>(share the benefits of your practice for the wellbeing of all beings)</i>

Join us for a **transformative 21-Day Yoga Journey, beginning on June 1st and culminating on International Day of Yoga, June 21st**. This guided journey is designed to cultivate the practice of daily yoga for a healthy body and mind within a supportive community. Register to be part of a group where we'll keep each other accountable, share progress, and encourage personal growth by witnessing and celebrating our unique stories.

- Days 1 to 7: **Prepare the body** through focused one-hour sessions covering joint mobility, spine conditioning and more.
- Days 8 to 14: Transition to **Mind-focused practices** that enhance mental balance, restfulness and clarity.
- Days 15 to 21: **Go beyond** with sessions exploring Hum Sau, chakra meditations, yoga nidra, guided relaxation & more.

Register and we will reach out to you with more info, a dedicated WhatsApp group and a downloadable yoga calendar



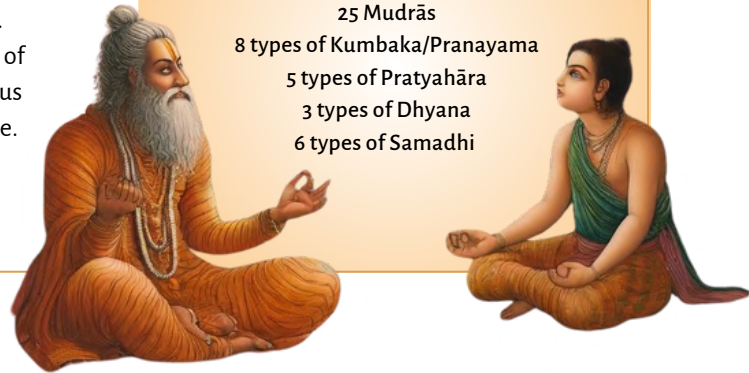
NATH TEXTS SERIES

We're excited to launch the *Nath Texts Series*, where we'll highlight key teachings from **the classical texts of the Nath Yoga lineage**. This series is our way of connecting you with the deep traditions of yoga, starting with the "Gheranda Samhitha" next week. Follow us to explore these foundational texts and enrich your yoga practice.

FOLLOW US

Next week, We begin with **Gheranda Samhita**,
A SERIES THAT EXPLORES **105 PRACTICES**:

32 Asanas
25 Mudrās
8 types of Kumbaka/Pranayama
5 types of Pratyahāra
3 types of Dhyana
6 types of Samadhi



Q&A CORNER

YOGA EXPERTS ANSWER

Q: I would like to know if restorative yoga is right for menopause. I am struggling with heavy breathing, blood loss and restlessness.

Restorative practice includes gentle postures, pranayama and meditation. These will help settle the hormonal fluctuations and emotions that can go haywire during menopause and also provide comfort to the body.

Q: Which course (path) fits beginners who know nothing about Yoga? I am of age 56 years.

It is never too late to start one's Yoga journey. Depending on the health conditions, inclination and interest, one can choose from a beginner yoga abhyasa class to mantra chanting to a gentle restorative yoga. The options are plenty. You can call for more information.

BYK'S UPCOMING YOGA COURSES (Starting June 2024)

(All the courses mentioned below are conducted online via zoom and have limited spaces open)

YOGA ABHYASA

Objective: Learn Yoga & build a Consistent Yoga Practice

Who is it for? Anyone who wants to learn and practice yoga (minimum age 18)

Days: Every Mon, Wed & Fri

Time: 10:00 - 11:00 am IST or 6.30pm to 7.30pm IST

Fee: INR 2000/month

YOGA SANGHA

Objective: A Yoga Community to Learn, Share & Read (**The Sayings of Sri Ramakrishna**)

Who is it for? for those who want a supportive community to share their yogic path

Days: Every Tue & Thurs

Time: 7:00 - 8:00 pm IST

Fee: INR 1000/month

RESTORATIVE YOGA

Objective: A Gentle Yoga Class to restore, rest and find ease

Who is it for? for senior citizens, people with limited mobility &/disability

Days: Every Tue & Thurs

Time: 5:00 - 6:00pm IST

Fee: INR 2000/month

MANTRA CHANTING

Objective: Learn how to chant **Lalita Sahasranama**

Who is it for? open to all those who want to learn the art of chanting and essence of Bhakti

Days: Every Fri or Sun

Time: 5:30 am or 6:30pm IST

Fee: INR 5000 for 5 months



To learn more about our courses or the kendra, message us on whatsapp just by clicking on this banner



Thank you for reading!

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

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