



# Prema Yoga Studio Newsletter



April—June 2009

## Namaste, Sat Nam Wahe Guru Yoginis

I would like to start this newsletter with a big thank you for everyone's support last year during my mother's passing. My mother was an absolute blessing. She taught me patience, compassion and unconditional love. The relationship I had with my mother was constantly transcending, particularly in the last few years of her life. It was a wonderful experience to watch. At the time of my mother's end to this life, I

can honestly say that I had no regrets.

Nothing to fix or change only pure love for her. My mother left her body June last year, peacefully and gracefully. Quote— Unknown author "A mother's love is instinctual, unconditional, and forever"

During that time many things were put on hold including this newsletter. Our lives are constantly transforming. Change is

inevitable, so its good to just go with the flow.

It's great to be back writing with the usual recipes and information on Hatha and Kundalini Yoga, Spirituality and all things healthy. So enjoy!



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### Quotes:

- "Happiness is your birth-right. Live it"! Yogi Bhajan
- " You have to drop all your defenses, only then is intimacy possible. We are all hiding a thousand and one things, not only from others but from ourselves". Osho
- " There is only one happiness in life, to love and be loved" George Sand
- " Shower everyone with pure thoughts and good feelings". Innerspace

Yoga with Mary-Anne

Newsletter

## [www.yogawithmaryanne.com](http://www.yogawithmaryanne.com)

The Yoga with Mary-Anne website has been updated and refreshed. A big thank you to my personal web developer Gustavo for his time and effort in building the web page. When you find some time please have a look and I welcome any

comments or suggestions. You will find a change on the current Timetable. Starting on Tuesday the 5th May 2009, both the 11:45am and 7:15pm Hatha Classes will be changed to Kundalini Yoga.

As of 1st Saturday of every month there will be Aquarian Sadhana starting at the very spiritual hour of 5:30am.

## Aquarian Sadhana on the 1st Saturday of every Month 5.30–8am No class fee for Sadhana, however donations are accepted.

Sadhana means a practice of self-discipline that allows one to express the Infinite within one's self. It is a time each day to notice the patterns that lead away from higher consciousness and to transcend those patterns.

Group Aquarian Sadhana entails about 20 minutes of Japji, a meditative prayer by Guru Nanak (done in chant), 20 to 40 minutes of Kundalini Yoga, deep relaxation, followed by 62 minutes of mantra/ chanting meditation. These are the mantras chanted; Morning Call (7min); Waah Yantee (7min); The Mul Mantra (7 min); Sat Siri, Siri Akal (7min); Rakhe Rakhan-

har (7min); Wha-hay Guroo Wha-hay Guroo Wha-hay Guroo Wha-hay Jeeo (22min); Guru Ram Das Chant (5min)

(Words to chants are provided)

While Sadhana can be done individually, doing Sadhana in a group develops group consciousness. By the end of morning Sadhana, when everyone's energy has intermingled and merged, it is easy to communicate and be on the same wave length. We experience this effect throughout the day. There will be fewer misunderstandings in the area of communications.

Done regularly, it can be highly transformative, expansive and elevating.

After practicing a regular Sadhana for some time, the effect begins to seep into the deeper parts of the mind.

Impact of daily Sadhana:

40 Days : To change/break a habit.

90 Days : To confirm the habit; establish new, improved one(s)!

120 Days : The new habit is Who You Are (other people will notice)

1000 Days : Mastery of the new habit/ results of your meditation

Be open, experience for yourself!

After Sadhana, those who have the time can have breakfast together at a near by café .

## Wilton Kundalini Retreat - 29 – 31 May 2009

What to expect over the weekend and beyond;

\* Early morning Sadhana – 6am start (Japji not recited)

\* Kundalini Yoga & Meditation

\* Hatha Yoga

\* Silence

\*Having time to be with your self

\*Gong baths – healing with the vibration of sound

\*Opening up to conscious communication with yourself and others

\*Having the work of Kundalini yoga resonate within, while at a Spiritual, peaceful and safe environment without the interruption of your daily routine

\*Healing Circle - this will complete your weekend. This 31min chant will create total balance of the Endocrine system, a beautiful experience.

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The theme for the weekend is Conscious communication with Our Self and Others.

The highest form of self-communication is chanting and the use of mantra. We will do lots of easy chanting over the weekend.

Chanting is an easy tool because you can chant anywhere—out loud or silently—and change your state of being. When we chant ancient, sacred and uplifting mantras that inherently have a high frequency, our tongue touches the roof of the mouth in a very specific manner.

This creates a chain reaction resulting in a change in the chemical composition of the brain. When the chemistry of the brain is balanced, our state of mind and outlook on life improves dramatically. We simply feel better.

As you work through the weekend with various kundalini yoga kriyas and meditations specific to open your awareness to conscious communication, you will begin to understand the full power of the spoken word. Words are the perfect neuro-stimulators to activate and connect many areas of the brain.

When combined with repetitive movement and with the powerful limbic/hypothalamic influence of the breath, they are a potent tool to elevate moods, enhance your range of feelings, and command the cellular basis of your consciousness and state of mind.

It is time for each and every one to become aware of the moment to moment influence we have on our self and the vibration we generate by our words.

Communication is just vibration.

Silence will be experienced over the weekend also. It is precious. It is at the heart of many things in kundalini yoga and it is at the heart of communication. It is conscious observation plus full presence.

It is a weekend to experience.

*May the long time sun shine upon you, all love surround you, and the pure light within you, guide your way on. Sat Nam”.*

## Yoga Mung Beans and Rice Recipe- Based on the teachings of Yogi Bhajan

This is a perfect pre-digested food. It is easy on the digestive system and very nourishing.

1 cup mung beans  
1 cup basmati rice  
9 cups of water  
4-6 cups chopped assorted vegetables (carrots, celery, zucchini, broccoli, etc)  
2 onions chopped  
1/3 cup minced ginger root  
8-10 cloves garlic, minced  
1 heaping tsp tumeric  
1/2 tsp pepper  
1 heaping tsp garam masala  
1 tsp crushed red chiles  
1 TBSP sweet basil

2 bay leaves  
Seeds of 5 cardamom pods  
Salt or soy sauce to taste

Rinse beans and rice. Bring water to a boil and add rice and beans, let boil over a medium flame. Prepare vegetables. Add vegetables to cooking rice and beans. Heat about 1/2 cup of oil in large frying pan. Add onions, garlic and ginger and sauté over a medium-high flame until browning. Add spices (not salt or herbs). When nicely done, combine onions with cooking mung beans and rice. You will need to stir the dish often to prevent scorching. Add herbs. Continue to cook until completely well done over a medium-low flame, stirring often. The consistency should be rich, thick and soup

like, with ingredients barely discernible. Serve with yogurt, or with cheese melted over the top or pampadams. Serves 4-6.



## I now also have a Blog

My beloved partner Gustavo has created a blog which will make it very easy for me to send out updates and to include stories, recipes, thoughts, experiences etc.

Again when you have some time have a look and please leave any comments. The blog address is:

[satnamharidas.wordpress.com](http://satnamharidas.wordpress.com)

You can also find it on my webpage, just click on "My Blog" which will take you there in an instant.

Feel free to submit a short story to be published in the newsletter or blog. You can send me the story either by email or in person.

### HARI DAS

Peace to All, Light to All and Love to All



## Prema Yoga Studio News

Last year a successful program was run at the studio called "Radiant Child". The accredited program is teaching adults how to teach children of all ages yoga and meditation. It's a great tool to learn to use if you work with children in any way or just to connect to your own inner child. That program will be re run this year with thanks to Siri Mukta (program facilitator) date to be advised.

Prema Studio will have another teacher on board later this year. Enza has begun her Kundalini Yoga teacher training and therefore will be able to introduce another Kundalini Yoga class to the studio when she qualifies. Yogi Bhajan said "If you want to learn something, read it. If you want to know something, write it. If you want to MASTER something, teach it" Enza holds beautiful loving

energy and it will be a blessing to have her teach at the studio.

[www.yogibhajan.com](http://www.yogibhajan.com)



1st Chakra Root Chakra—Kundalini Centre Location: At the tailbone

Main gemstones: Carnelian, Fluorite, Hematite, Smoky Quartz, Black Tourmaline

2nd Chakra Spleen Chakra—Location: 1-2 inches below navel

Main Gemstones: Carnelian, Citrine, Fluorite

3rd Chakra Solar Plexus-Location: Below the breast

Main Gemstones: Citrine, Fluorite, Jasper, Tiger Eye,

4th Chakra Heart Centre-Location: Centre of the chest.

Main Gemstones: Aventurine, Fluorite, Jasper, Rose Quartz

5th Chakra - Throat Centre-Location: Bottom of the neck.

Main Gemstones: Fluorite, Sodalite, Turquoise

6th Chakra Third Eye Centre-Christ consciousness centre

Location: At the base of the skull, at the medulla oblongata. Its location at the front of the head is between the eyebrows at the third eye.

Main Gemstones: Labradorite, Sodalite.

7th Chakra Crown Chakra-Location: The entire top of the head

Main Gemstones: Amethyst

## Crystals

I have decided to bring into the studio, crystals. I have always been drawn to crystals even before I knew that they held an energy within themselves. I am not an expert, I rely on the experts to guide me, however, I also use my own intuition and allow myself to resonate with particular pieces.

There are many ways to use crystals, many books, web pages etc lots of advice on which ones to use, how to clean them, program them etc. I can advise you at the fundamental level, then some of you will probably be advising me.

They are beautiful pieces and it's best to be open and allow their healing energy in. They are to have fun with, respect with, love with, and enjoy .

I have brought in a limited array of this wonderful energy to work with your individual needs or all of your chakras.

The guide above of what stones to use for individual chakras is relevant to the gemstones that I carry, as there are many crystals that will work with a different chakras. So you can have the stones guide you.

When you look at the stones or read their properties, let your inner guidance direct you to choosing the stone for you. Carry it, or wear it. Place it where you can touch it regularly. This is the list of tumble stones now in stock:

Amethyst, Aventurine, Blue Calcite, Black Tormaline, Clear Quartz, Carnelian, Citrine, Dalmation Jasper, Fluorite, Hematite, Labradorite, Red Jasper, Rose Quartz, Sodalite, Smokey Quartz,



Tiger Eye, Turquoise, Unakite.

Tibetan Quartz pieces. Large Clear Quartz cluster and an assortment of Gem stone bracelets, are also available.