



FOR JOY I LIVE!

God's Boatman by Nayaswami Jyotish

Edition 01 | Autumn 2022

Guru Prem



Welcome to the first edition of “For Joy I Live!” Ananda Delhi’s quarterly magazine. We hope you enjoy it. The magazine has been initiated by devotees as an informal place for sharing among friends of Ananda, young and old. We’ll share inspiration, and personal stories, re-live group events just passed, and mark our calendars for those coming up.

Our intention is to help bring together our brothers and sisters everywhere. We welcome you to contribute articles, stories, experiences, designs, photos, quizzes, or trivia, all in the name of our shared path and our spiritual family.

Joy to you,

Keshava & Daya
Spiritual Directors,
Ananda Sangha Delhi



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Freedom Through Inner Renunciation

An excerpt from "The Essence of Bhagavad Gita" by Swami Kriyananda



Arjuna said: O Krishna, You speak of renouncing action, yet at the same time You recommend it. I would like to know for certain, which of these two is the better path?

The Blessed Lord answered: Both action and non-action (when rightly understood,) lead to salvation. Of the two, however, right action is better.

In Chapter 3 of the Bhagavad Gita Krishna states unequivocally that it is not possible, in this vibratory universe, to refrain from acting. Here he states just as unequivocally that both action and non-action lead to salvation. Is he contradicting himself?

It must be understood that non-action has a different meaning, here, from inaction. The meditating hermit is still acting, even though he sits for long hours in silent meditation. The difference is that physical immobility need not indicate mental inaction, or inactivity of the subtle inner energies.



The deeply meditating yogi is certainly active, though in a very different way from most people. His action is inward: He is directing energy through the subtle nerves in the spine. He may, if he is a jivan mukta, be expiating the karmas of former incarnations by re-experiencing his past deeds in vision and offering them up on the altar of Spirit with the realization that, even while he was living in ego- consciousness, God alone was dreaming his life and acting through his ego delusion.

The need to be outwardly busy disappears of itself when one attains the state of jivan mukta, dissolving his ego in Cosmic consciousness.

Even then, as Krishna has already emphasized in the Gita, free souls who live in this world often perform outward actions in order to set an example of right living for others.

Our responsibility before God is our own. As Krishna says in the Gita, it is better to fail doing one's own duty than to succeed doing the duty of another. Whatever may truly be one's own duty (and it is no easy task to discern what that duty is), one cannot accomplish it by simply handing that decision over to someone else.

Worldly success and failure, triumph and disappointment, joy and suffering- all these are mere waves. that, occasionally, rise high on the ocean of cosmic delusion, then sink back again to become equally deep troughs. There is no point to it at all! It is simply maya- God's lila, or play.

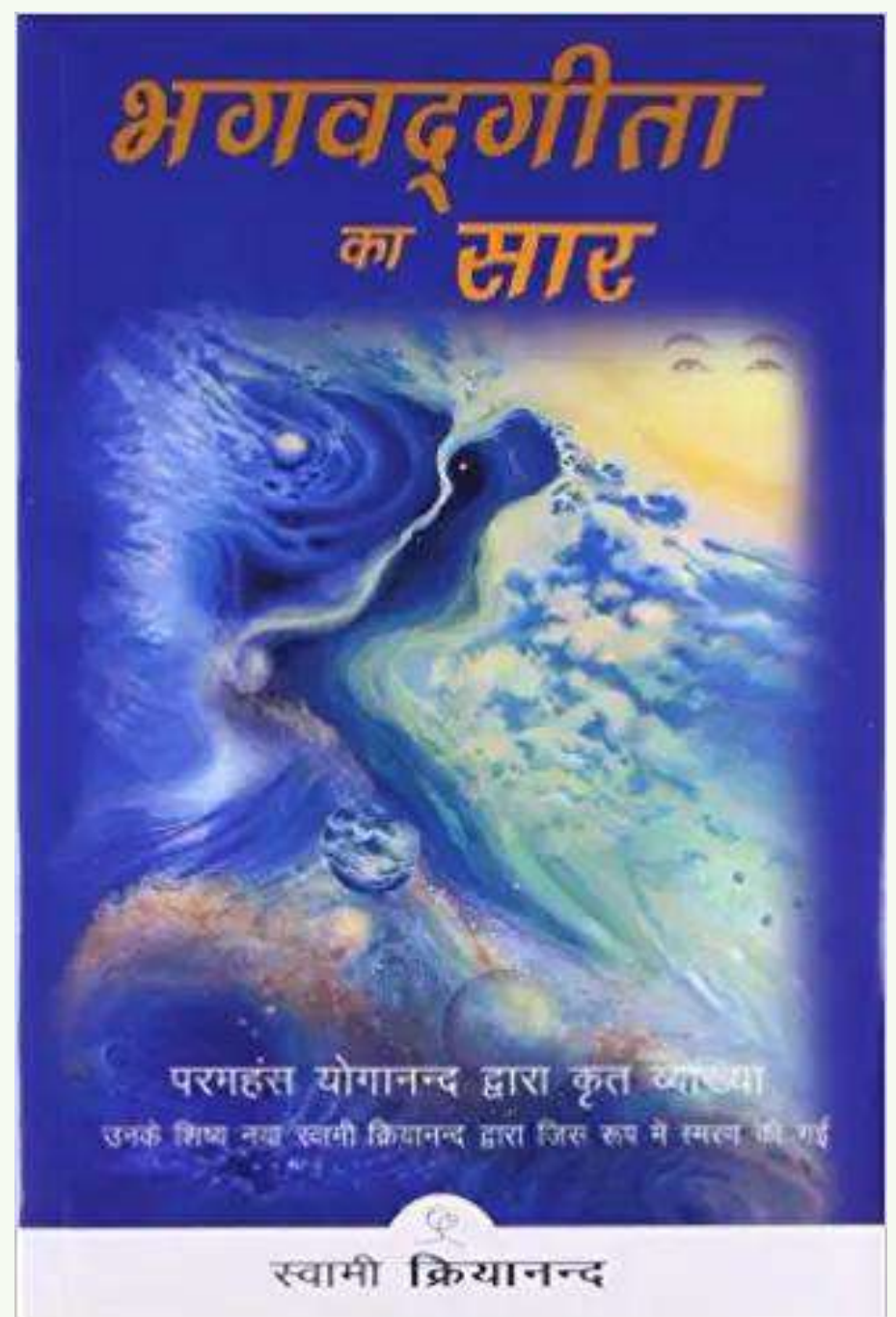
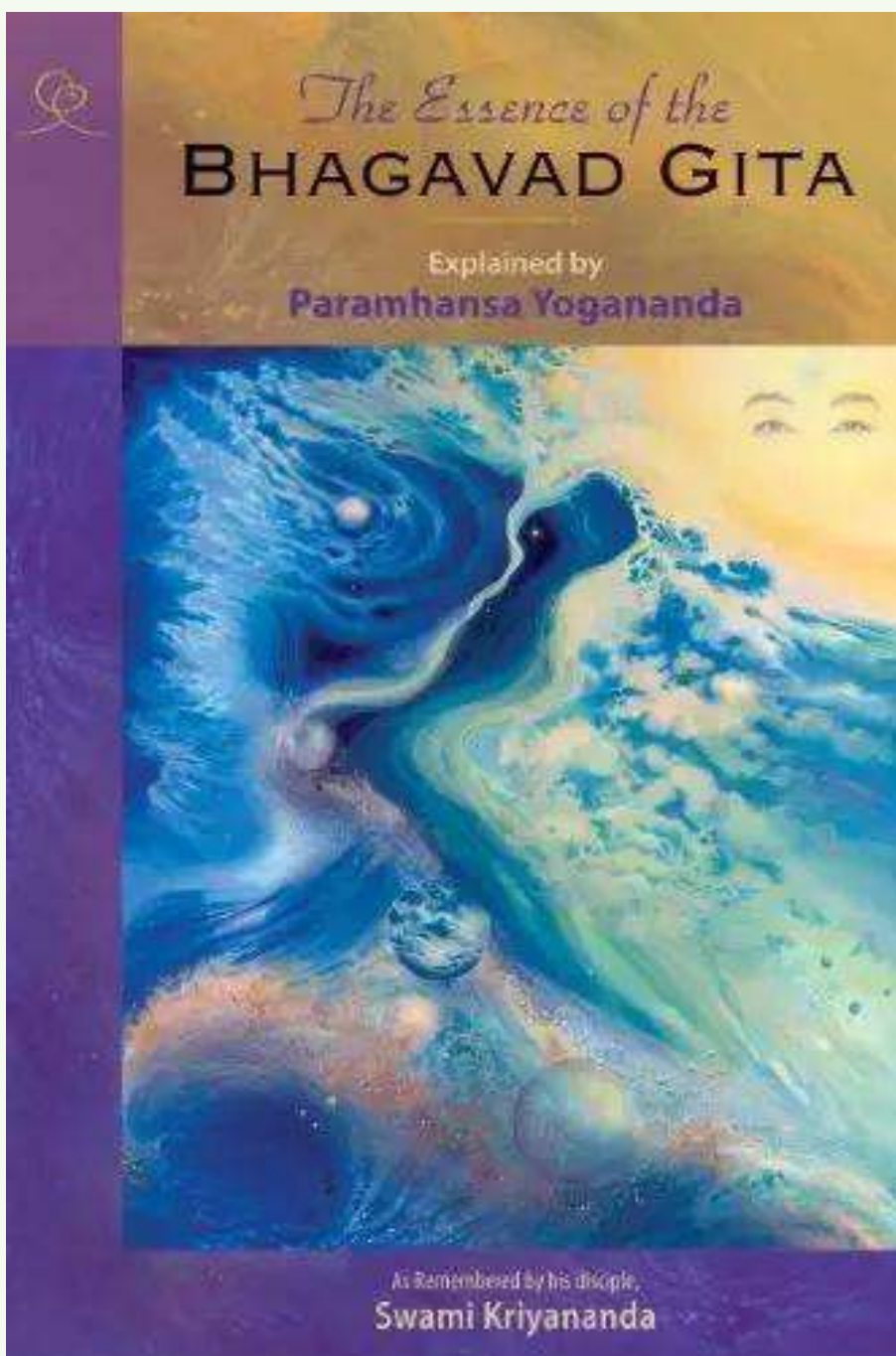
To try to achieve union with God by serving others, while maintaining control over one's self, is what Krishna recommends here above mere non-involvement in activity. The true nature of specific duty poses a more difficult question than the general nature of right action – namely, without attachment to the results. It can be defined broadly, however, as that action that leads to calm, inner freedom. Indefinitely continued involvement in that duty may come in time to resemble endless “forward movement” on a treadmill.

The path of duty should never be a downhill slide to mental stagnation. Always, whatever causes one's consciousness to rise in the spine is the right activity.

That, finally, is why Krishna emphasizes activity over non-activity. Non activity leads ineluctably to mental dullness--unless one is able to engage his energy positively in the performance of deep meditation.

The Essence of the Bhagavad Gita Explained by Paramhansa Yogananda shares the profound insights of Yogananda, author of *Autobiography of a Yogi*, as remembered by one of his close and direct disciples, Swami Kriyananda.

Buy and continue reading this profound scripture!



Get Your Copy Today!

We Hope You Didn't Miss This!



Nayaswamis Jyotish & Devi in Delhi!



Watch the Satsang

And Some More Good News!

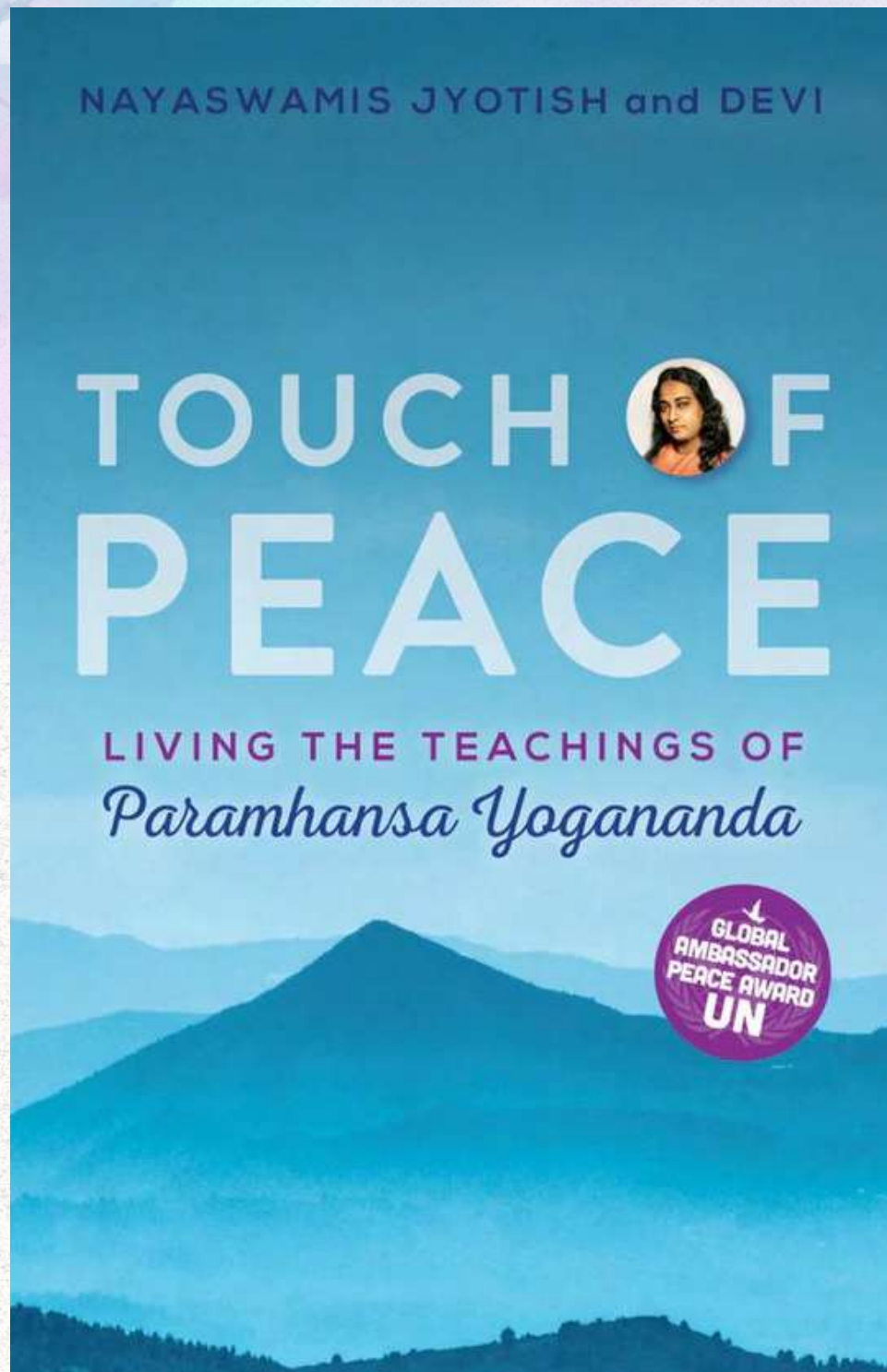


During their satsang on Sunday at Ananda Delhi on 11 Sept., Nayaswamis Jyotish and Devi officially made Chika Fujita, Hari Sudhan, and Vasudha Bajoria Ananda Acharyas.

In addition to teaching, Ananda Acharyas give blessings at satsang, and perform Ananda ceremonies.

Touch of Peace

A new release by Nayaswamis Jyotish and Devi!



Get Yours Now

Touch of Peace offers fresh perspective, practices, and ancient yoga teachings to help individuals deal with the special challenges we face.

With all of the changes taking place in the world around us, the need for inner peace is greater than ever before. Learning to live in peace under all circumstances is the secret of a happy life. Drawing from the teachings of Paramhansa Yogananda (author of the classic *Autobiography of a Yogi*), Touch of Peace shares practical tools, instructive stories, and right attitudes to help you tap the wellsprings of peace inside you.

Reaching Out to More and More Souls!

In an effort to reach out to more souls with the teachings and vibrations of our line of Masters, Ananda Delhi organized various outreach events like kirtans, meditation sessions, public talks, yoga classes and more! We will have many more such events in the future including those in corporates and schools.

If you'd like us to organize such sessions in your locality, company, or school, please contact Shivendra (9650958815)



How to Be Happy At Will: A Public Talk at Alliance Francaise





International Yoga Day with ITBP Officers



Outreach Kirtan in Dwarka





Hello, Great Souls!

by Upasana Bhadana

On one fine Saturday evening, I was watching one of the many talks of Asha Nayaswami on YouTube. This one was about how to increase your magnetism to manifest the desired success in your life. Within a few minutes, I was immersed in the experience of absorbing the wisdom she was sharing so gracefully.

My face had a huge smile and my eyes were completely fixated on her the whole time I was listening to her. As if I were to witness one of the most special moments of my life after the talk is over. And sure I did!

Somewhere during the talk, she mentioned a story about the times when she was living in the presence of Swami Kriyananda. She told everyone how Swami ji would address all of them as great souls! Her eyes were glowing from reverence as she began explaining what it meant to her and why, according to her, he used to address everyone there as great souls.

I am quite an imaginative person, so naturally, I was transported to that time and place in my mind while she was telling the story. And, I could almost feel what she used to feel in those moments of love and encouragement.

In that instant, I wished to be born in her times; to live in the presence of someone like Swami ji who would know very well that I am a fetus in my spiritual journey, yet tries his best to encourage me and most importantly remind me of who I really am through such powerful words.

That day I went to bed wishing if only I were born in the 70s.

The very next morning I had my Level-2 class at Ananda Delhi. I am always happy to spend my Sunday at Ananda. My morning there began with attending the satsang, then we had prasad and after that I went for my class happening in the temple.

That day Daya came into our class for the very first time. I say it again she came into our class like this for the very first time since I joined Ananda which was almost one and a half months at that point in time. I don't remember exactly when it happened - during our class break or after the class was over. But she entered into the temple joyfully, looked at all of us, and said, "Hello, great souls!"

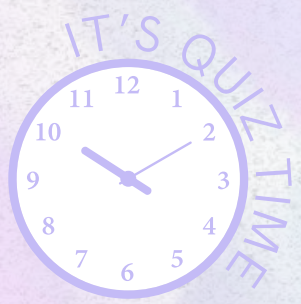
The first thing that crossed my mind was, "What a coincidence!"

Only a few hours ago, I was ready to be born in the 70s only to hear these words from a great teacher like Swami Ji. And now here I was standing in the temple at my Ananda center, casually experiencing things my heart has been longing for since I don't know when.

Though, I know from experience that it was not a mere coincidence. I believe, at that particular moment, Masters and Swami Ji were trying to make me realize that I already have the physical presence of a great teacher around me. I already have what I need to progress in my spiritual journey. I don't need to look anywhere else. And also, I don't need to look for them as well in this three-dimensional reality because they don't need a tangible form to communicate with us, to be with us.

It might be an ordinary incident for someone. But this instance was very special to me because it gave me confirmation (in a language only I understand) that I am at the right place, in the right era and most importantly I am with the right people. Basically, I am where I am supposed to be, where I belong.

I am finally home!



Spiritual Quiz!

Q1. What was Paramhansa Yogananda's childhood name?

- a) Kanha
- b) Mukunda
- c) Krishna
- d) Murali

Q2. In Patanjali's ashtanga or eight-limbed yoga, what are the third and fourth stages?

- a) Yama & Niyama
- b) Dhyana & Samadhi
- c) Dharana & Pratyahara
- d) Asana & Pranayama

Q3. What is the element associated with the Anahata or Heart chakra?

- a) Ether
- b) Air
- c) Water
- d) Fire

Q4. In how many years a full or Purna Kumbh Mela is held in India?

- a) Every 3 years
- b) Every 6 years
- c) Every 12 years
- d) Every 24 years

Q5. Who is the great woman yogi from the Bengali village of Biur, known for not taking food or drink but sustaining her body through drawing cosmic energy directly from the ether, sun, and air?

- a) Shankari Mai Jiew
- b) Anandamoyi Ma
- c) Therese Neumann
- d) Giri Bala

Q6. In which state of realization can a person move freely in the world and perform outward duties without any loss of God-realization?

- a) Sabikalpa Samadhi
- b) Nirbikalpa Samadhi
- c) Dhyana
- d) Dharana

Q7. Which day of the year is celebrated as having the longest period of daylight and shortest night?

- a) Winter Solstice
- b) Summer Solstice
- c) Spring Equinox
- d) Autumnal Equinox

Q8. The following line is from which poem written by Paramhansa Yogananda? 'From joy I came, for joy I live, in sacred joy I melt'

- a) God! God! God!
- b) Samadhi
- c) God's Boatman
- d) Om

Q9. Which one of the following is a sure sign of Spiritual progress?

- a) Outward powers
- b) Increasing bliss in meditation
- c) Increasing thoughts in the mind
- d) Higher ego-consciousness

Q10. Identify the yuga or age, which Sri Yukteswar describes will be marked by common knowledge of telepathic communications and other time-annihilators.

- a) Satya Yuga
- b) Treta Yuga
- c) Dwapara Yuga
- d) Kali Yuga



Upcoming Pilgrimages



BABAJI'S CAVE
6 - 9 APR 2023



RISHIKESH RETREAT
1 - 4 DEC 2022



VARANASI
25 - 29 JAN 2023



PURI
16 - 19 FEB 2023



KOLKATA
10 - 12 MAR 2023

*For more details & registration please visit
anandapilgrimages.org.*

Seva Opportunities

“I will serve God through others, and by my service to Him release the hold the ego has on me. I am free in God! In God, I am free!”

- Swami Kriyananda



For a devotee, all actions can be a form of karma yoga when one does one's duties with the thought of God flowing through oneself. Where needs exist, whether large or small, willing hands make miracles happen. We encourage you to share a little of your time, your skills and especially your energy in service to share the vibrations and the teachings of our Master.

Seva in the Ashram

- Gardening or other projects related to the physical maintenance of the ashram
- Helping in the arrangement of special events like the spiritual fairs, outreach programs, and public talks.
- Seva for Sunday Satsangs:
 - Welcoming and greeting guests
 - Handling sales in the boutique
 - Being at registration tables and information booths
 - Bringing prasad
 - Helping in setup and decoration
 - Washing utensils after satsang
 - Helping in setting up for various classes post satsang



Seva from Home

- Support social media (by sharing, posting, and being champions for Ananda Delhi)
- Design simple graphics for online posts and sharing
- Create other interesting content (such as videos or art) for social media
- Organize informal satsang opportunities for small groups online
- Pray for others as a healing prayer angel
- Editing photos and videos for YouTube, Ananda Delhi podcast, and other platforms
- Participate in a calling campaign to connect with gurubhais

We welcome all innovative ideas from devotees for offering their seva. Please feel free to connect with Chika (chika@anandaindia.org)



Spiritual Challenge

In every edition of the magazine we will give you a spiritual challenge or an experiment to conduct.

These experiments will help deepen your spiritual life and take you closer to your higher self.

You can share your experience with this challenge at shivendra@anandaindia.org and we will endeavor to include them in the next edition!

Here's a spiritual experiment for you:

Write a letter to God, Divine Mother, or Master every day.

You can write anything—perhaps an incident that made your day, or rant about how bad your meeting went, or how you met someone new today, or maybe your long pending to-do list which is making your anxious. Don't hold anything back from God.

As you write this letter, you will think about how the Master would respond. And this will deepen your attunement with him.

In case you cannot think of anything to write and this experiment is just making you stare at the screen or the paper, here's a tip by Nayaswami Biraj—you can ask the following question:

Dear Divine Mother/Master, what do you want me to learn today?

Pause for a moment, and then write everything that comes to your mind because it will be coming directly from Divine Mother/ Master.

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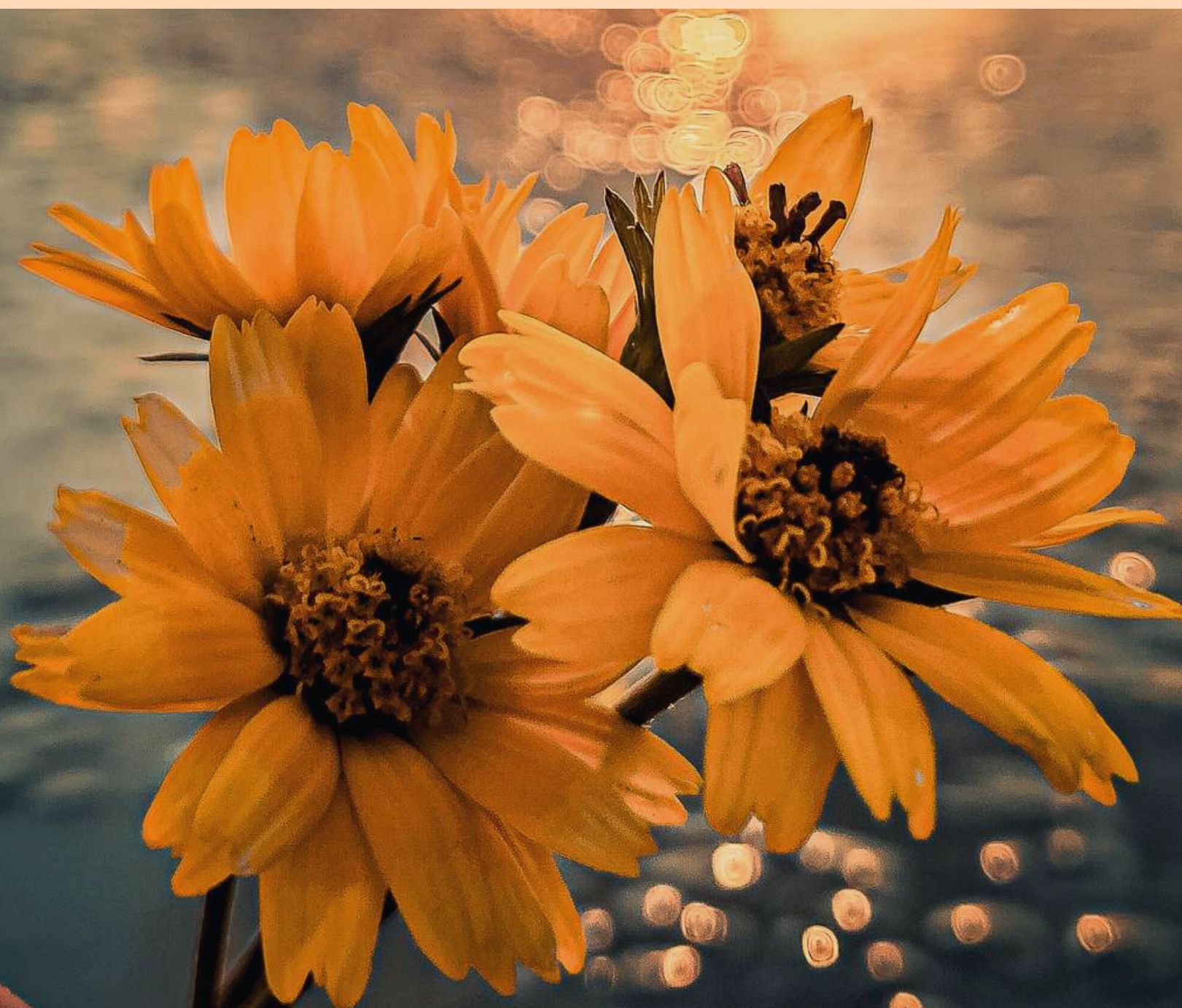
Thank you for reading! Ananda Delhi is supported through donations by its members.

If you feel inspired to support the vision and mission of Ananda Sangha on a regular basis, we invite you to become a Supporting Member. Stable financial flow enables Ananda to serve as a physical place for spiritual awakening and peace for all truth seekers.

Become a Supporting Member

Your donation is tax-deductible.

Donations to Ananda Sangha are eligible for 50% tax exemption under section 80G of the IT Act, 1961. You will receive your 80G tax exemption certificate.



Answers to the quiz

- | | | | | |
|--------|--------|--------|--------|---------|
| 1.(b) | 2. (d) | 3. (b) | 4. (c) | 5. (d) |
| 6. (b) | 7. (b) | 8. (b) | 9. (b) | 10. (b) |

Thank you for reading! If you want to contribute to the future issues of the magazine or have any feedback, please contact Shivendra (9650958815).

We are forever grateful for your love, support and friendship. Joy to You!



FOR JOY I LIVE!

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