



For Joy Live



37 Mountain Stream By Nayaswami Jyotish

Edition 02 | Winter 2022-23

Happy New Year and welcome to the second issue of "For Joy I Live!" Ananda Delhi's quarterly magazine. During this winter season, we wish for each of you, the birth of a new divine consciousness, one which becomes your constant companion and guide. May God and our Masters deeply bless you.

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.

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,

**Your Spiritual Family at
Ananda Sangha Delhi**

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A LETTER BY PARAMHANSA YOGANANDA TAKEN FROM EAST-WEST MAGAZINE 1933

To My Friends,

To my friends, in all lands and in all worlds, greetings and good will! Wherever you are, whoever you are, of whatever color, race or creed, I send you my love and the pledge of my loyalty. You, who for thousands of years, or for only a day, have worked and fought for justice, freedom, and Truth, receive my gratitude and devotion.

You who dwell in palaces of hovels, in cities or jungles, in mansions or dungeons – if in your hearts there is the urge toward higher, better living and loftier ideals, believe me when I say I am your friend and that I count you blessed friends of mine.

Many of you I have known in the past, and some of you I have never seen, but I think that in God's appointed time I shall meet each one of you face to face and give you proof of my affection.

...Continued

However, it matters little that we are not together now, nor does it matter that time and space may separate us by almost infinite distances. The only thing that counts is that we are friends, working together in a common cause, the cause of righteousness and the expansion of the consciousness of the children of the Most High.

Although I see you not, I often feel your presence near, or thrill with the noble thoughts which you send out to find their home in minds attuned to yours. Although you may never read the words which I am penning now, I declare to you that you shall feel the vibrations of tenderness and kindliness which emanate from me to all of you.

Our work, our love, our purposes are One. March on, dear friends, to higher, brighter goals! Continue in your dreams of happier days and in your deeds of service to your kind. Protect the torch of faith from winds of doubt, and let no storm disturb your peace of mind. Farewell, dear friends of mine, until we meet.



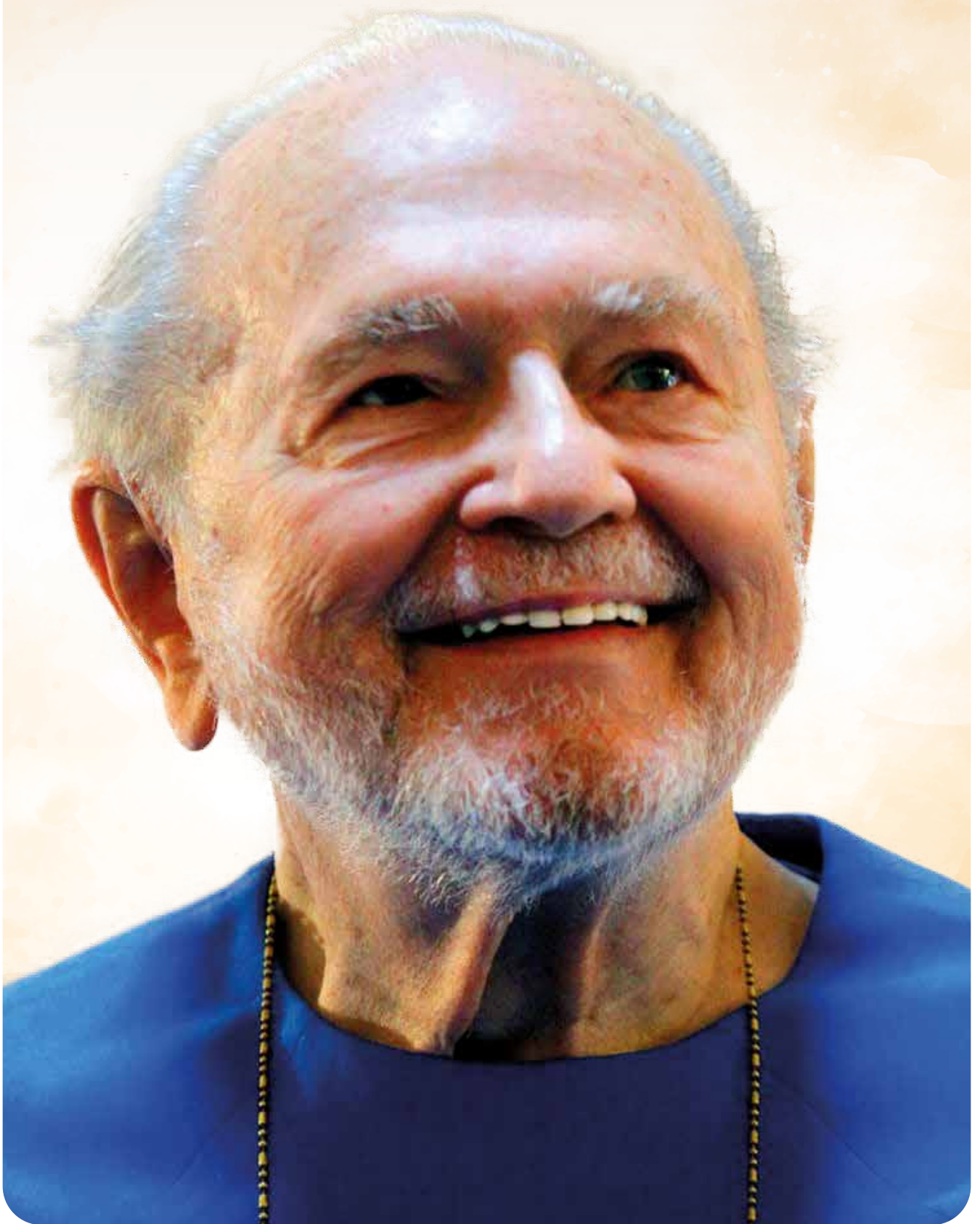
Swami Kriyananda received this message from Divine Mother during 8-hour Christmas meditation in 1986:

“Divine Mother has asked me to convey these words to you. I am very pleased with all of you. I am very pleased with what you are doing. But, don't live in littleness, in petty things, little thoughts, little worries, little ambitions. Live for me, for my love.

I am your Mother through all eternity. Nothing else matters. You were born to commune with Me. For no other reason were you born. Live in my consciousness; everything else is dust.

I know all of your thoughts. Your devotion is very pleasing to me. You are my children; you are all very dear to Me. Live more in Me. Live in my love.

Yes, build a community, but in the sense of communion with Me. My children, I am always with you. I am just behind your thoughts; just behind your feelings. I am with you every second. Let no other thought come between Me and thee."



Reliving Joyful Memories!

Spiritual Sundays for Children

Spiritual Sundays for Children aims to redirect the boundless energies of children inwardly, using spiritual activities such as chanting, positive affirmations, storytelling, role-playing, and more. These can give deeper meaning to their lives and equip your children with essential life skills. For queries & registration, please contact Renu (9899877067) or Seema (8527711447)



The Yogic Science of Material and Spiritual Success by Pia Singh

Pia Singh, founder of Paramhansa Yogananda Charitable Trust gave an insightful class on how to achieve material and spiritual success. Since the underlying laws that govern success are the same, by working on both our inner and outer lives, we can tread the sure path of true joy, peace, and success in everything we do.



Spiritual Fair: Tools and Techniques for Self Transformation

It was a great joy to host a Spiritual Fair at Ananda Delhi after almost 3 years! The selfless service, joy and peace emanating from hundreds of truth-seekers was palpable. With 20 talks, 45 speakers, 10+ booths, guided meditations, and 150+ books it was a huge success!



Ananda Leader's Retreat in Chandigarh

Leaders of Ananda Sangha Worldwide, Nayaswamis Jyotish and Devi, held a Pan-India Ananda Center Leaders retreat in Chandigarh, 9 - 11 October. Leaders from Delhi, Gurgaon, W. Delhi, Mumbai, Pune, Kolkata, Bangalore, Chennai, Ahmedabad, and rest of India joined them for two days of sadhana, delicious meals, and satsang. It was a particularly joyful reunion as this group of souls had not come together for over two years, since before the pandemic. The leaders also visited and blessed the new center in Chandigarh and the recently purchased land outside Panchkula for the upcoming monastery.



Outreach

We've been blessed in the past few months to touch the lives of souls in schools, colleges, universities, and corporates with the teachings of our guru Paramhansa Yogananda.





Christmas Celebration

Following our annual 8-hour meditation, our "social" Christmas was deeply joyful with children's play, uplifting music by choir members, and Divine Mother gift exchange.



Fountain of Joy

Finding My Guru, Paramhansa Yogananda

by Shruti Tantia

On my birthday, I got the best present of my life. I had planned to spend time with my family. But I had little clue that I will be meeting my Guru on this special day. My mother convinced my sister and me to accompany her to Ananda Sangha Delhi to attend the Spiritual Fair held in September 2018.

Along with us, we had two little baby girls – a 5-month and a 1.5-year-old – who participated in yoga, meditation, and other sessions. The kids cooperated well and we could attend the sessions nicely. I fondly remember spending time on the open lawn in front of the statue of Guru Ji.

At the end of the event, when I received the complimentary copy of the revered book – “Autobiography of a Yogi”, I felt elated. Being an avid reader and a book lover, this turned out to be one of the best gifts for me.



After 3 years, again, I got an opportunity to attend the mesmerizing evening kirtan on the open lawn of Ananda Sangha Delhi. Sitting under the blue sky, surrounded by trees hanging above and around, gazing at the moon and the lit statue of Guru Ji along with our lineage of Gurus made it the most magical evening of my life.

The cool wind of October month touched me and told me that my life would be cool and calm from now on. I was overjoyed to sing the chants in my heart. In search of fulfilment and inner bliss, I wondered how could I be connected to Ananda and Guruji. I was then guided to the course – Learn to Meditate – The Path of Kriya Yoga (Level 1).

The course was starting just the next day and I felt it was the right time to delve into it. I immediately enrolled myself. Then, on completion of Kriya Yoga Level 1, I proceeded to Level 2 and then Level 3.

Along the way, there were times when I was unsure if I'm ready to progress to the next level. But my teachers bestowed confidence in me and led me on the right path. I am thankful to each and every member of Ananda Sangha Delhi for supporting me and cheering for me in my spiritual journey.

During the course of my Kriya Level 3 course, I was able to adopt a night-time ritual of Energization Exercises followed by a brief meditation. One day while doing my meditation, I saw a fountain of joy. Later after my meditation, I searched the phrase "fountain of joy" with Guru Ji's name and a quote from Guru Ji came on the screen.

"Joy expresses itself under certain conditions, but it is not created by those conditions. Thus, when someone receives a thousand dollars and exclaims, "Oh, how happy I am!" the condition of having received a thousand dollars has merely served as a pickax, releasing a fountain of joy from the hidden reservoir of bliss within. So, in human experience, certain events are usually required to bring forth joy, but the joy itself is the perennial native state of the soul." – Paramhansa Yogananda

I felt overjoyed to read it and felt the presence of guidance and Guru Ji in my life so distinctly. Now, I can feel joy in so many moments of my life – even while doing regular tasks. Recently, I practiced the 'Circle of Joy' exercise during my Ananda Yoga class at Ananda Sangha. I love the name of this exercise and it truly opens up my heart to receive and share joy. On another occasion, I learned the phrase "joyful phone conversation" from my teacher at Ananda.

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From there on, I focus on making all my phone calls a way to share and multiply joy with friends, family, and everyone. I do fail sometimes, but Guru Ji's guidance takes me in the right direction.

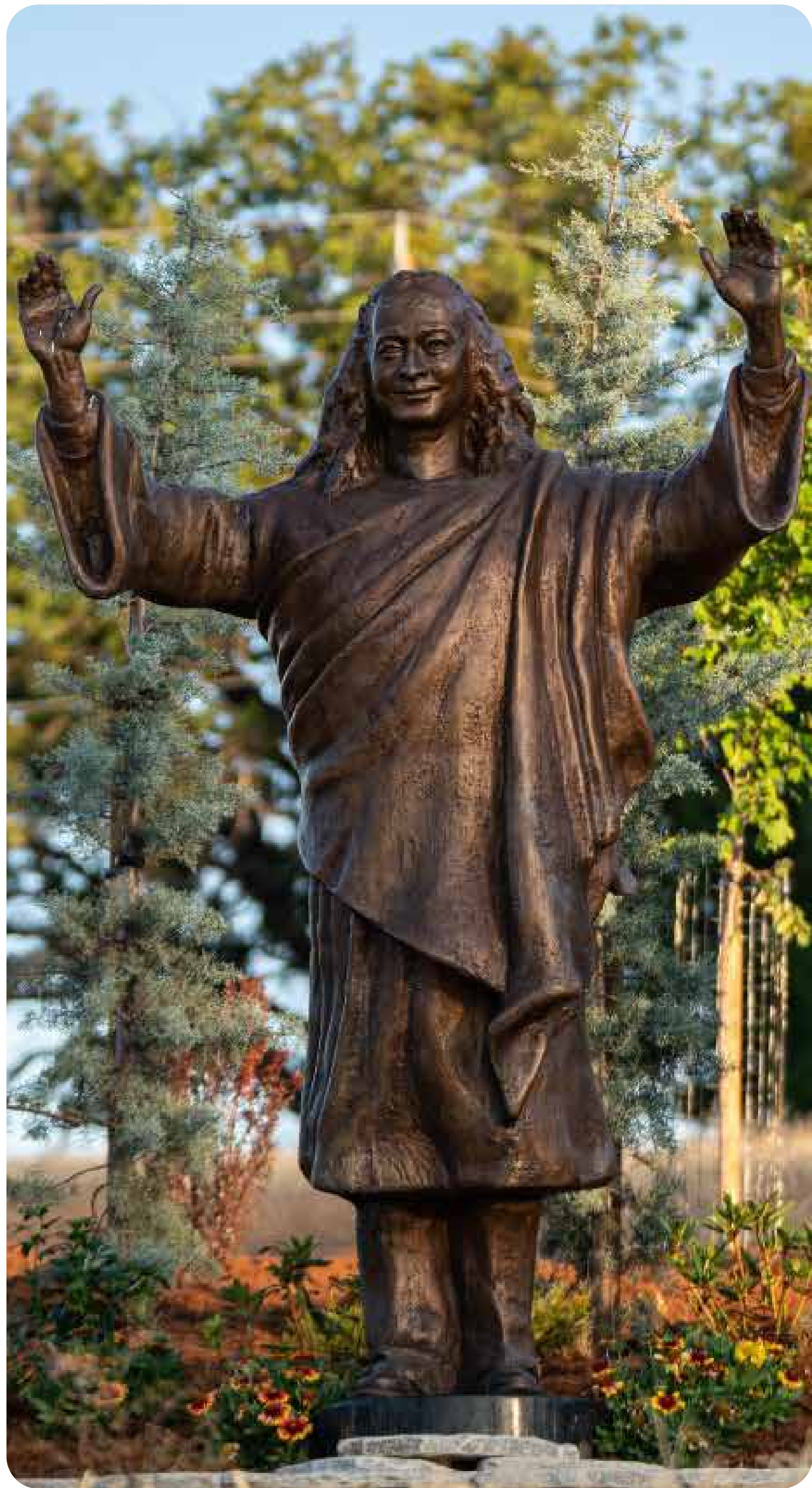
I would love to be the fountain of joy. I wish to spread droplets of love in all directions – from east to west and north to south. A water fountain is attached to and derives its power from mother earth. I would like to derive that power of love from my inner self and bring cheer and laughter all around. A water fountain is beautiful for all the viewers looking at it from all sides. The water flows seamlessly through it in different patterns.

Similarly, I aspire to wholeheartedly share the love of my heart with the wonderful living creatures of God – birds, plants, animals, rivers, sea, sky, sun, moon, mountain, and human beings.

I will consistently, honestly, and sincerely emanate joy all around. I feel the blessing and power of Guruji flowing through me as I pledge to this noble cause.

This is why I love the motto of Ananda Sangha "Joy is within you" – it reminds us to tap into this unlimited joy within us.

CHOOSE
joy



Spiritual Quiz



Fill In the Blanks

Fill in the blanks by unscrambling the letters:

- 1** Meditation is a state of intense _____ achieved when the mind is still. It's a journey to the centre of our own being. **SESNREAWA**
- 2** One of the great benefits of yoga is that it recognizes everything simply as different levels of _____. **NGERYE**
- 3** Our devotion can have tremendous power and can quickly attract the _____ of God and the Masters. **INSGSLBES**
- 4** It is very helpful to keep a spiritual _____. It helps to clarify and focus our thoughts when we express them in words. **RIADY**
- 5** The _____ eye is a silvery-white five-pointed star, surrounded by a field of deep indigo blue, which in turn is framed by a ring of gold. **USTIIRPLA**

- 6 Giovanni di Pietro di Bernardone, better known as St. _____ is a great saint from Assisi and is often associated with patronage of animals and the environment. **CRIAFNS**
- 7 The purpose of _____ is not to awaken sentiments or to stir up emotions. It is to focus the heart's feelings and raise them toward superconsciousness. Paramhansa Yogananda often said it's half the battle. **NGITAHCN**
- 8 _____ Yoga teaches how to awaken life force and transmute it into radiant, all- encompassing spiritual power by diverting it away from the senses and concentrating it on the soul. **YRKIA**
- 9 The _____ exercises give us the ability to recharge our body at will by drawing in cosmic energy from the universe.
GIAZONITREEN
- 10 _____ born in Bethlehem, didn't come to earth to show people how great he was. He came to show us how great we ourselves are, in our divine potential. **SEJSU**
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Word Search

K	N	L	U	B	S	N	O	W	F	L	A	K	E	S	T	C	S
R	Z	P	B	E	T	H	L	E	H	E	M	K	Q	C	S	Z	U
C	U	P	D	T	O	Q	J	P	G	K	L	G	O	A	P	L	C
A	M	E	D	I	T	A	T	I	O	N	B	Y	V	N	Z	A	H
K	W	H	J	I	A	N	G	E	L	S	O	O	G	D	C	S	O
E	V	A	C	A	R	O	L	S	N	H	J	X	J	L	H	T	I
Q	W	S	K	V	J	S	A	S	I	L	E	N	C	E	O	A	R
D	P	X	O	B	E	L	L	S	M	P	S	K	Z	S	L	R	A
M	J	E	S	U	S	C	H	R	I	S	T	E	M	D	Y	P	I
E	C	N	A	T	I	V	I	T	Y	Q	O	V	O	O	N	P	T
N	S	D	I	V	I	N	E	M	O	T	H	E	R	V	P	F	Y
Q	B	X	L	L	I	G	H	T	J	F	B	X	K	K	L	O	P

Find the following words in the puzzle.
Words are hidden ➡️ ⬇️ and ↘️ .

ANGELS
BELLS
BETHLEHEM
CAKE
CANDLES
CAROLS

CHOIR
DIVINE MOTHER
HOLY
JESUS CHRIST
LIGHT
MEDITATION

NATIVITY
SILENCE
SNOWFLAKE
STAR



Upcoming Pilgrimages

Puri (16-19 February 2023)



[Know More & Register](#)

Kolkata (10-12 MARCH 2023)



[Know More & Register](#)

Thy Will. My Will.

A Spiritual Experiment.

We all know, it is our guru who will lead us to salvation. But how often do we listen to our guru's will? When was the last time you asked the master, "What do you want me to do"? Don't worry if you don't have an answer to this. In the coming months, let's practise Divine will. Here's how: Before every decision you make in your daily life or before every action you take, ask master, "What do you want me to do"? Ask him to guide you. Ask him his will. Ask him to do the work through you. You can do this for both small and big decisions in your life. A simple way to make this practical is to make it into a conscious practice of journalling you do every day. Once that becomes a habit, you may find yourself turning to him for guidance more and more during the day. Let us make an ever deeper effort this Christmas season to tune into God's and Guru's will, which will help us grow towards the perfect joy in Him.



Spiritual Quiz

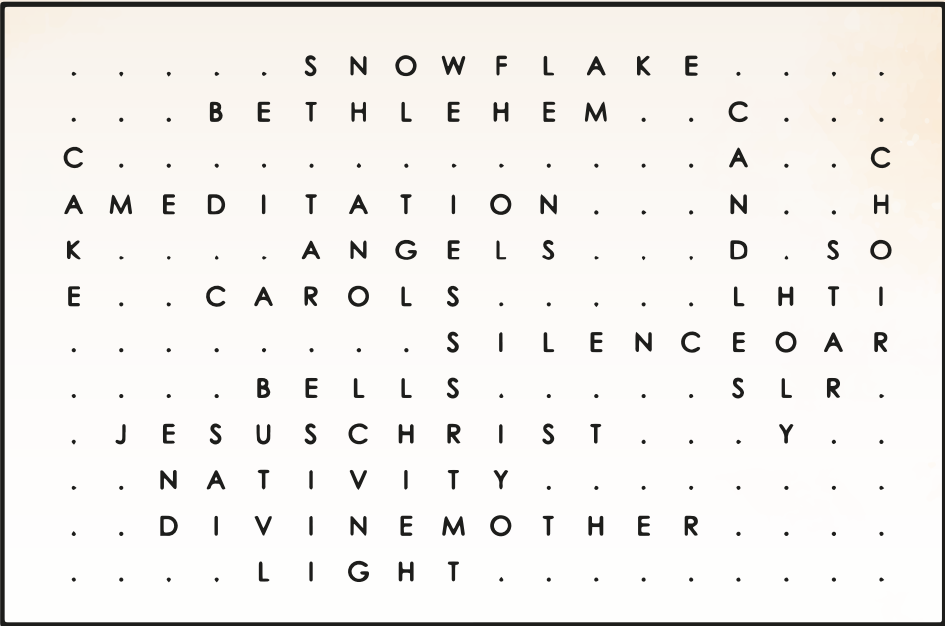
Answers

Fill in the blanks:

1. Awareness 2. Energy 3. Blessings 4. Diary 5. Spiritual
6. Francis 7. chanting 8. Kriya 9. Energization 10. Jesus

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Christmas Mystery - Word Search:



Word directions and start points are formatted: (Direction, X, Y)

- ANGELS (E,6,5)
- BELLS (E,5,8)
- BETHLEHEM (E,4,2)
- CAKE (S,1,3)
- CANDLES (S,15,2)
- CAROLS (E,4,6)

- CHOIR (S,18,3)
- DIVINE MOTHER (E,3,11)
- HOLY (S,16,6)
- JESUS CHRIST (E,2,9)
- LIGHT (E,5,12)
- MEDITATION (E,2,4)

- NATIVITY (E,3,10)
- SILENCE (E,9,7)
- SNOWFLAKE (E,6,1)
- STAR (S,17,5)

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.



For Joy Live

Thank you for reading!
If you want to contribute to the future issues
of the magazine or have any feedback,
please contact Shivendra (**96509 58815**).

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

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