



For Joy I Live



THE LAND BEYOND MY DREAMS BY NAYASWAMI JYOTISH

Edition 03 | Divine Love | Spring 2023

Welcome to the third issue of “For Joy I Live!” Ananda Delhi’s quarterly magazine. In this issue, we focus on Divine Love and try to inspire you to seek that unconditional love of God that alone can quench our thirsty souls.

May God and our Masters deeply bless you with deep longing for oneness with them and supreme devotion that takes you to our true home.

As Krishna promises us in the Bhagavad Gita, **“Outstanding among the wise is he whose devotion is constant and one-pointed. I am, above all things, dear to that sage, and he, of all beings, is dearest to Me.”** May our hearts be constantly fixed on our Divine Beloved!

Joy to You,
Your Spiritual Family
at Ananda Sangha Delhi

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CULTIVATING DIVINE LOVE

(From a Christmas Letter written by Swami Kriyananda for fellow disciples)

"When our Master [Paramhansa Yogananda] was a mere boy, he cried for the Divine Mother's love as few men cry even for worldly possessions. Whole day he would spend thinking only of Her. When he could, he remained by himself, meditating for long hours. After meditation, he silently and lovingly offered every action to God.

After coming to the hermitage of his guru, Sri Yukteswarji, he became if possible more in earnest than ever. Other disciples talked instead of meditating. Master spent many hours in solitary communion. Other disciples forgot God, whether they worked or loafed. Master kept his mind all day long focused at the Christ center, mentally talking to Divine Mother.

Wherever he went, in his heart there was a never-ending song of divine love. When organizational responsibilities threatened to take his mind from the Divine Mother, he never said, “Well, I will do this work first; it is more important. Later I shall think of God.”

“No work is possible,” he wrote, “without the power to perform it borrowed from Thee.”

He would put everything aside to chant or meditate until his mind was firmly rooted in God. Only then would he return to his work. That is how he was able to accomplish such tremendous things in his life. He never acted from ego-consciousness. Man’s power is limited, but God’s is without limitation. And always Master’s prayer was, “Lord, guide and strengthen me, for without Thy help I can do nothing.”



Years ago I approached Master one evening for his blessing. Though I said nothing, inwardly I petitioned him to help me taste the delusion-dispelling sweetness of Divine Love. Looking up, I saw his face lit with a tender, blissful smile. I knew that he had heard my prayer and that it had pleased him.

Dear ones, how easy it is to be sidetracked from the greatest commandment – to love God! How easy it is to follow lesser rules at the expense of important principles. Fasting and other ascetical practices are so much less exacting than devotion. But love alone can truly satisfy us. And love alone can conquer God.

My dear ones, we have done much to perfect our life here. Now let us work to develop this quality, greatest of all – divine love."





WE HOPE YOU DIDN'T MISS THESE

After a long Covid-induced wait of three years, we were grateful to welcome many dear teachers and friends from Ananda communities in America and Europe to have satsangs, training for teachers, interactions with students, retreats, kirtans, and much more!

Truly, the last four months were filled with deep inspiration and joy. If you weren't able to join us for these wonderful events, enjoy the photos below, and if you did, relive those joyful memories!





Asha Nayaswami in Delhi



Nayaswami Uma in Delhi



Nayaswami Shivani in Delhi



Ananda Music Workshops



Retreats and Special Workshops



Spiritual Fair : How To Be Happy At Will

200+ Attendees | 15 Talks | 45 Speakers | 150 Books
Special gratitude to all the willing volunteers who made it successful with their joyful attitude.



"WHY I LOVE ANANDA"

THE JOYFUL EXPERIENCES OF DEVOTEES

"Being part of the Ananda Sangha family has given me so much peace. Though I learned the technique online during the pandemic, I am blessed that in the past year, I have been able to visit the serene and welcoming ashram regularly. It's a homecoming each time. Whether it's the Saturday Kriya practice or celebrating maha Shivratri or attending a satsang, I feel calm, peaceful, and connected each time." — ***Kanu Priya***

"Each time I step into the center, I feel blessed to see the community members with their warm smiles and selfless demeanor. They radiate a sense of calmness and carry no expectations, all bound together with a singular objective to receive Master's grace." — ***Sanjay***

"My actual spiritual journey started with Ananda, so it's very special to my heart as I've learned to live holding God's hand. Some of Guruji's books have left a deep impact on me and have taught me to surrender and live for God."

"I've been with Ananda for 12 years and feels like the real life I've led is in these 12 years. Learning kriya yoga at Ananda got me into the discipline of meditating every day which calmed me down. The vibrations of this place are very peaceful and you feel instant peace and joy when you enter the place." — ***Sureena Chowdhri***

"Ananda has changed my life in ways I can't describe. I have made so many beautiful friends that are now like family. Such divine friendships I am very grateful for it. Thank you Ananda Delhi for helping me awaken my true nature and for bringing divine peace, joy, and love into my everyday life."
— ***Aakriti***

GOD HAS EVERYTHING BUT OUR LOVE

By Neha

Back in the days of yore was a child named Namdev. One day his priest father was unwell and asked him to take the offerings to the temple for Lord Vitthal, an incarnation of Krishna. Namdev bounced on his steps with the thought of feeding the Lord. He reached the temple, performed the rituals which he had seen his father do, and asked the Lord to receive the offerings. But the idol remained as inert as a piece of stone would.

He now began to cry ceaselessly, pleading Vitthal to come. The magnetism of his love and devotion eventually drew the Lord to materialize in form and accept the offering. Delighted, the devotee and the Lord ate together, feeding each other with their hands.

When Namdev reached home, his mother asked him for the prasad and he gullibly answered that Vitthal ate it all and that he fed him too! This was quite a story for his mother to believe but for Namdev it was a perfectly ordinary occurrence. Why shouldn't the Lord come if we make it clear that we want nothing but Him?

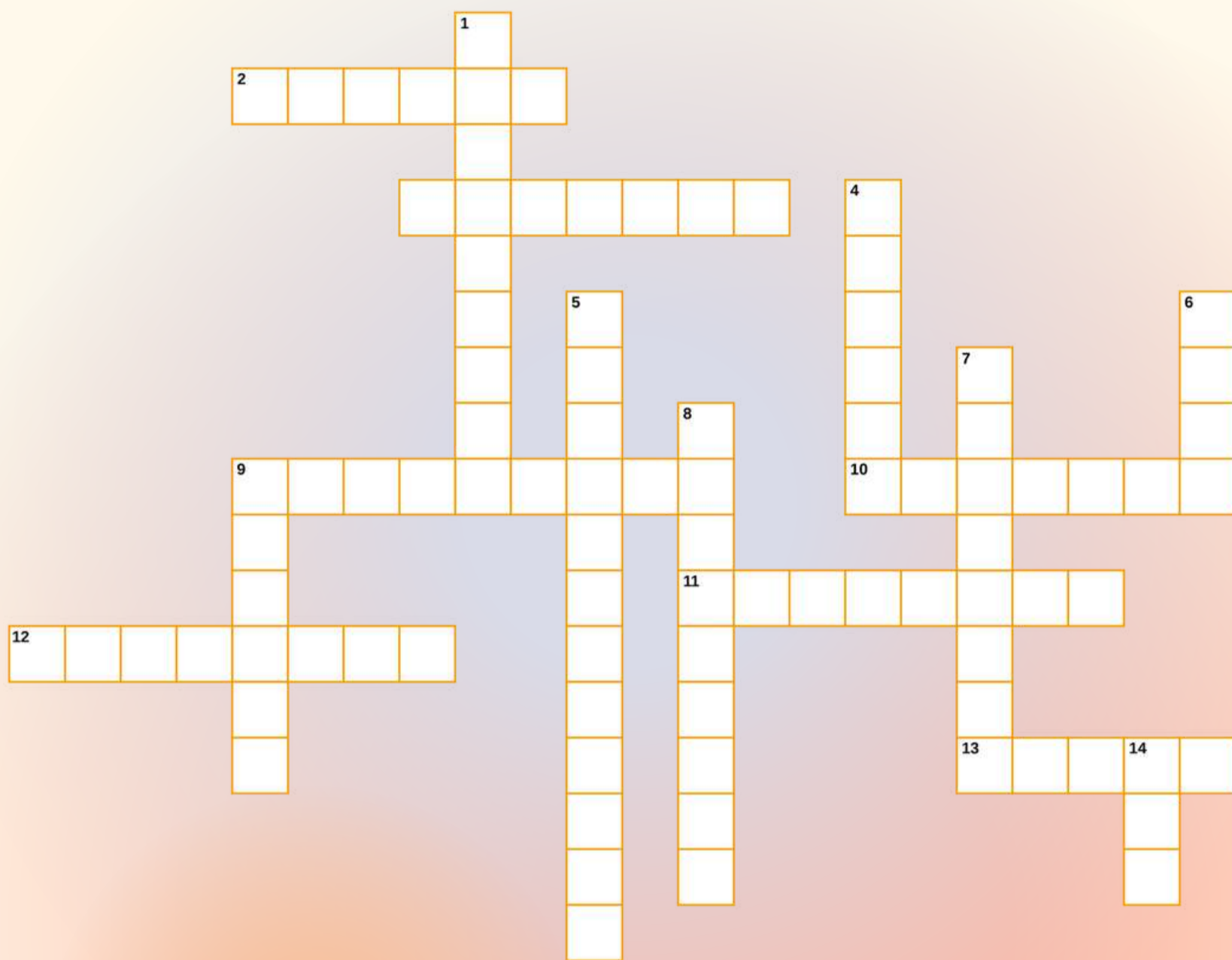
Our reverence can take us to the temple but for God to show up, we need nothing short of indomitable faith and unconditional love. We have learned to fear God, to doubt him, or the saddest of all, to selfishly trade with Him - *"I will get you a box of laddoos if you fulfill my desires"*. God is no merchant! What use does He have for a box of laddoos? There is only one thing that God does not have – our love. Paramhansa Yogananda used to say,

“God will not tell you that you should desire Him above all else, because He wants your love to be freely given, without “prompting”. That is the whole secret in the game of this universe. He who created us yearns for our love. He wants us to give it spontaneously, without His asking. Our love is the one thing God does not possess unless we choose to bestow it. So, you see, even the Lord has something to attain: our love. And we shall never be happy until we give it.”

Let’s all strive to offer that love — the most precious thing we carry around in our hearts. These words from Nayaswami Uma sum it up beautifully, “God’s divine love is always there for us, it’s us who are missing from the scene.”

MYSTERIES OF LOVE

Crossword Puzzle



USE THE CLUES TO FILL IN THE WORDS ABOVE

• Words can go across or down. Letters are shared when the words intersect.

ACROSS

2. Talking to God, a loving demand
3. “_____ are the pure in heart for they shall see God” - Jesus Christ
9. Last phase of meditation
10. Another name of the heart chakra
11. During meditation this is how our gaze should be
12. Swami Kriyananda defined this as the ability to relate to the reality of others
13. Colour of the heart chakra

DOWN

1. Paramhansa Yogananda said this is the price of greatness
4. Feeling aspect of consciousness
5. Yogananda worshipped God in this form
6. Union with god
7. Singing to God with devotion
8. _____ comes from within, thought from without
9. With greater will or willingness this can be increased in our body
14. To evolve spiritually and to find freedom we must dissolve this

UPCOMING PILGRIMAGES



Guru Purnima at Lahiri Mahasaya's in Varanasi 1 - 3 July 2023



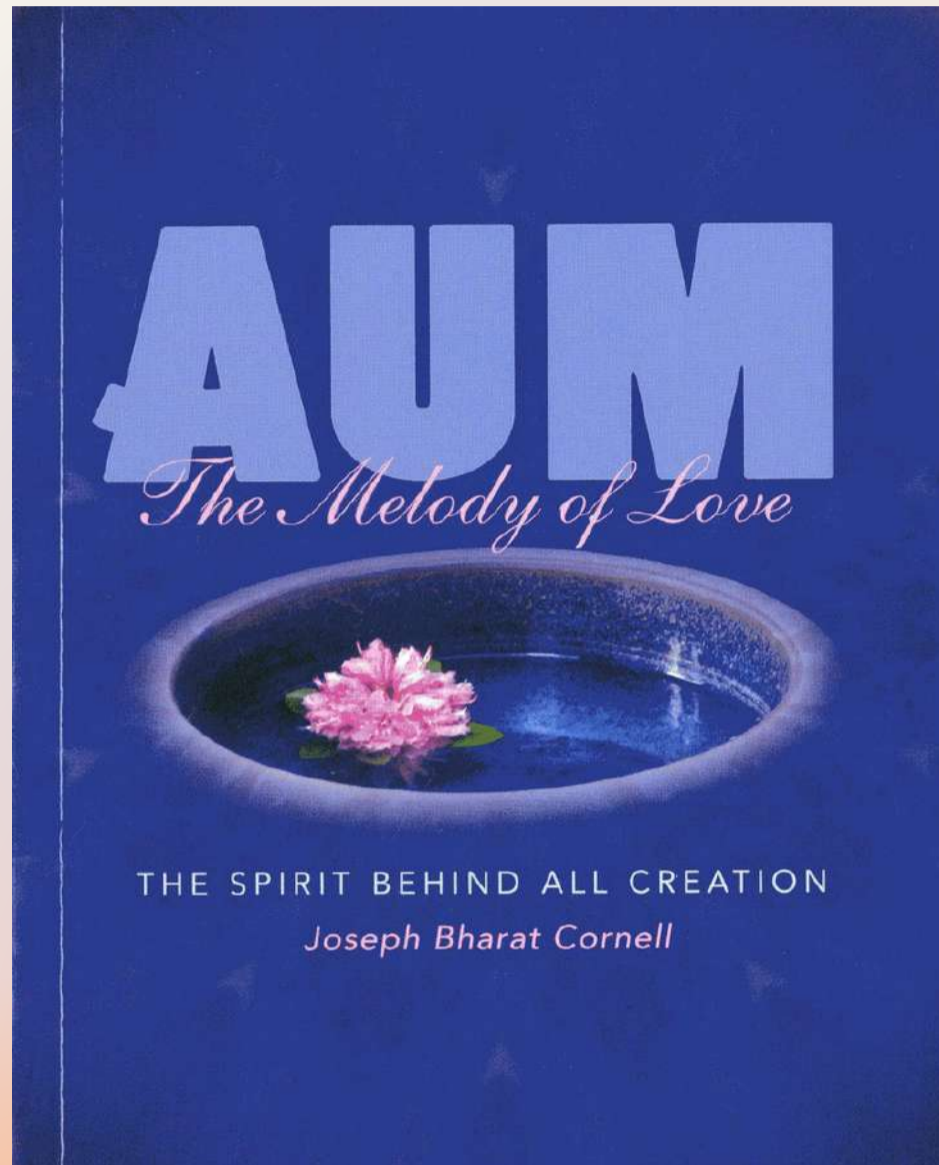
Badrinath 8 - 14 October 2023 (tentative)



Babaji's Cave 27 - 29 October 2023

BOOKS WE LOVE

Aum: Melody of Love *by Joseph Bharat Cornell*

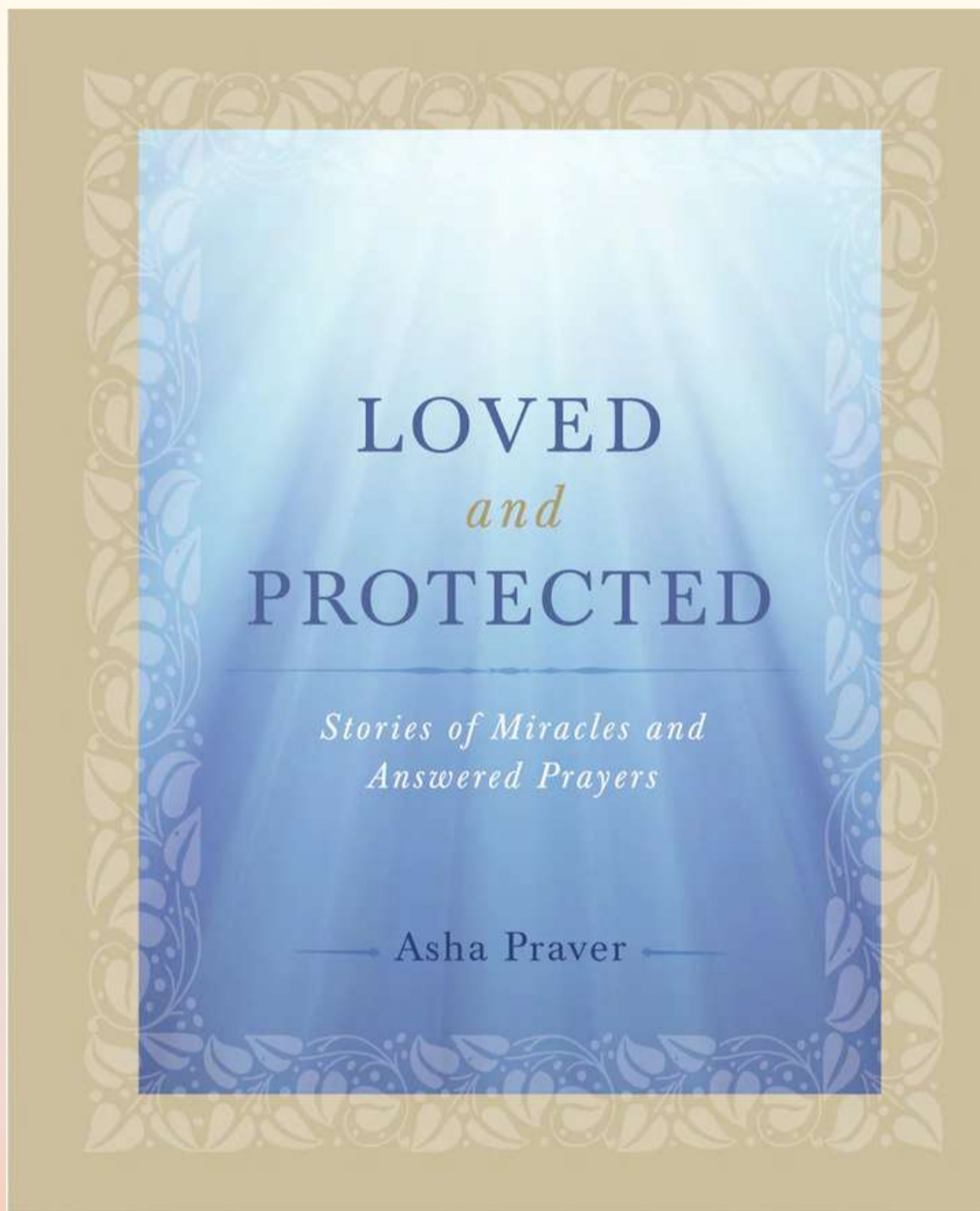


[GET YOUR COPY HERE](#)

“This book by Nayaswami Bharat makes the cosmic sound of AUM a living reality for the devotee. It’s no longer a mere metaphysical concept spoken about in the scriptures but a manifestation of God’s love and grace that is waiting for us to be tapped into. Filled with practical tips for meditation, visualizations, and other exercises, the reader would find his life transformed and his consciousness expanded by the comforting presence of AUM.” — *Shivendra*

Loved and Protected

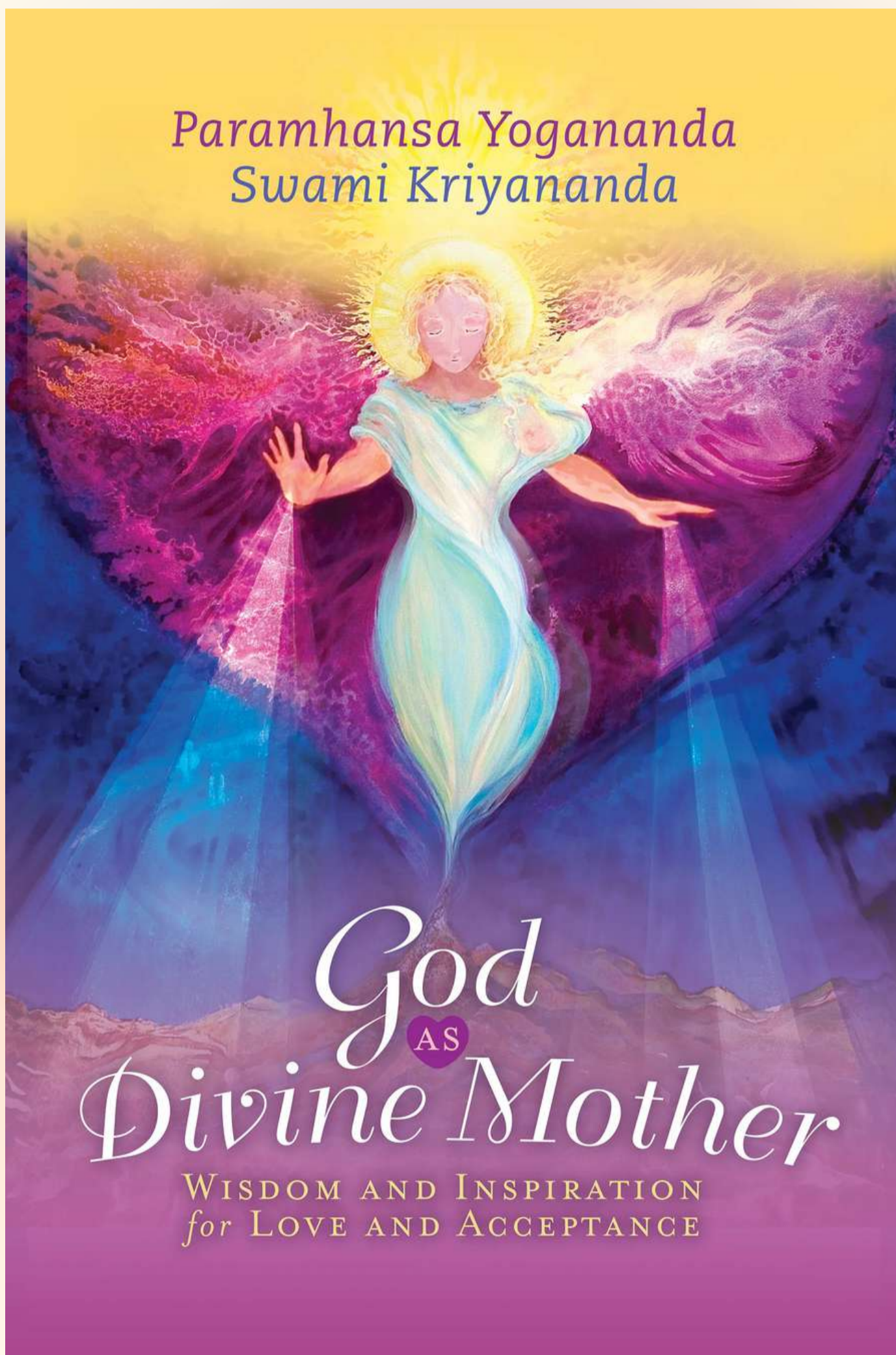
by Asha Prayer



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“The book is a compilation of magic — a collection of over 100 real stories where God talks to their protagonists in such times of crisis when it is difficult to even hold a conversation with oneself. There are people from India to Romania to California accounting for how when every human persistence failed, God appeared. And that makes us ponder how God is constantly trying to reach us only to find us distracted elsewhere. A must-read to re-affirm that our greatest necessity is God.” — *Neha*

God as Divine Mother: Wisdom and Inspiration for Love and Acceptance



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"This book contains all that we need to know about awakening our heart's love and expanding it through tuning in to Divine Mother. It is based on Yogananda's teachings who referred to God as Divine Mother and said it is easier to establish a relation of mutual trust with the Divine Mother than with God in any other aspect.

There are poems and prayer demands to Divine Mother that we can use. It also contains chants and songs to Divine Mother, that can help us further awaken the love and devotion in our hearts. What I also found extremely interesting and useful was to read and reflect on the attitudes that we can develop to draw Her grace, such as letting go of self-definitions, developing the right attitudes, accepting who we are, having faith in our own goodness, responding with love when we are hurt and living according to our highest potential."

- *Nayantara*

OPENING THE HEART

“One cannot put one foot in front of the other on the spiritual path until one has developed the natural love of the heart.” - Swami Sri Yukteshwar

This issue on Divine Love cannot be complete without offering some practical and effective suggestions by our Gurus to open our hearts and be receptive to God's love:

Prayer

Let's sow the seeds of divine love within our hearts by using this prayer demand from the book *Whispers from Eternity* by Paramhansa Yogananda:

Flood Me With Thy Omnipresent Love

"O Fountain of love, flood the lowlands of our love for home and family with Thy omnipresent love. O Mighty Source of all our rivers of desire, teach us not to cut ourselves off from Thee, hunting on dry sands of sense-satisfaction.

"Love is our souls' birthright! We demand, now, that all the rivers of our cravings be directed through valleys of humility, eager self-sacrifice, and concern for others until reinforced by Thy torrential blessings, they merge in the ocean of all fulfillment in Thee.

"Bless us, that the rivulets of our sympathy, affection, and love lose not themselves in the sands of dreary selfishness.

"Let the little, lonely, separately-moving streamlets of our love, which come from Thee, merge at last in the vastness of Thy perfect Love."

Chant

Yogananda said, "Chanting is half the battle"! Let's open our hearts and invoke the presence of divine love by repeatedly singing this cosmic chant by Paramhansa Yogananda, and spiritualizing it with our daily practice and devotion:

Do not dry the ocean of my love With the fires of my desires, With the fires of my restlessness.

For Thee I weep, for Thee, I cry. I'll cry no more, Thou mine evermore!

Thee I find behind the fringe of my mind.

Hide no more, Lord, hide no more.

Leave me not, Lord, leave me no more!

[Listen to the chant here](#)

Affirmation

Affirmations are statements of truth that we aspire to. The way to practice affirmations is to do so with deep concentration, first in a loud voice, then in a whisper, and then only mentally while gazing deeply at the spiritual eye behind closed eyes. Here's an affirmation by Paramhansa Yogananda that will help you tune into and merge with Divine Love that permeates all creation:

“My Heavenly Father, Thou art Love, and I am made in Thine image. I am the cosmic sphere of Love in which I behold all planets, all stars, all beings, all creation as glimmering lights. I am the Love that illuminates the whole universe.”

Ananda Yoga Postures

Ananda Yoga is an inwardly directed practice, and is never aggressive or aerobic, with its higher purpose being the upliftment of consciousness. Each yoga posture is paired with its own affirmation, designed to reinforce the posture's natural effect on one's state of consciousness. A classic choice to open the heart is Muktasana.

Muktasana (Freedom Pose)

Affirmation for the asana: “I am free! I am free!”

Technique: From Tadasana, step your left foot back 2.5-3 feet. Face your pelvis forward. Bend your right knee so that it's directly over your right ankle. Keep equal weight on both feet. With your lower body stationary, inhale as you sweep your arms forward and overhead, lifting your heart and drawing the upper spine into a backward bend.

Join your palms, finger pointing upward. As you exhale, relax your shoulders down and bend your elbows slightly. Arc the neck back in the same graceful backward arc as the rest of the spine and gaze upward. Breathe smoothly and naturally, mentally affirming, ***“I am free! I am free!”***. To exit, inhale and reach up as you step forward with your left foot, then exhale into Tadasana. Pause, then repeat on the other side.



SPIRITUAL EXPERIMENT

"BY LOVING ALL MY FRIENDS MAY
I FIND THY LOVE"

*'Friendship is God's love shining
through the eyes of your loved ones,
calling you home to drink His nectar of
all selfishness-dissolving unity.'*

- Paramhansa Yogananda

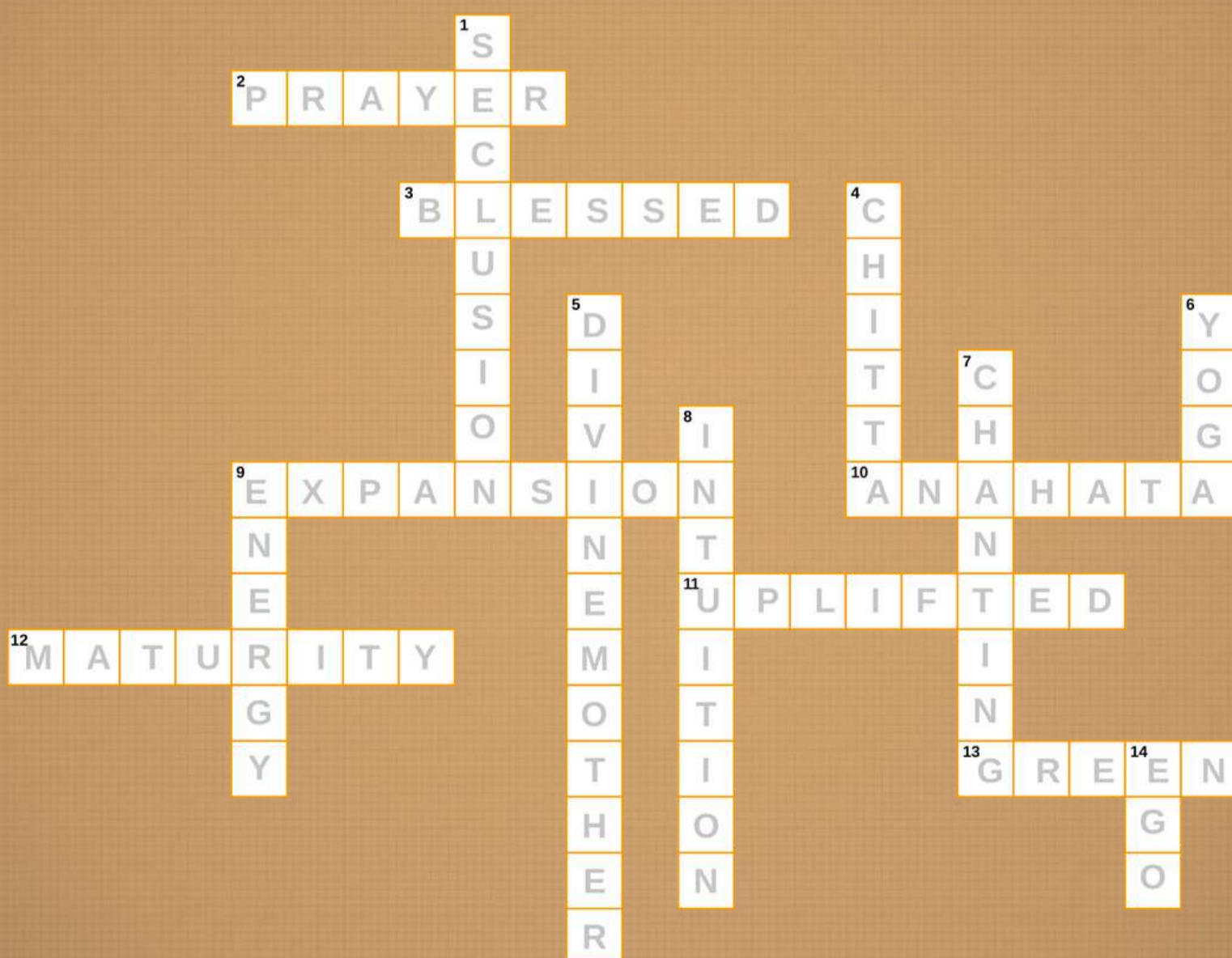
This time, as a Spiritual experiment, let's try to feel that the life-blood of God is circulating in the veins of every soul that we come across. And love everyone equally as our brothers and sisters in God.

Yogananda says that this does not mean one must know and love all human beings and creatures personally and individually. All you need to do is to be ready at all times to spread the light of friendly service over all living creatures whom you happen to contact. So, here's the experiment:

Make a list of people whom you dislike or have any sort of disharmony with. And do the "**Peace and Harmony Prayer**" suggested by Yogananda.

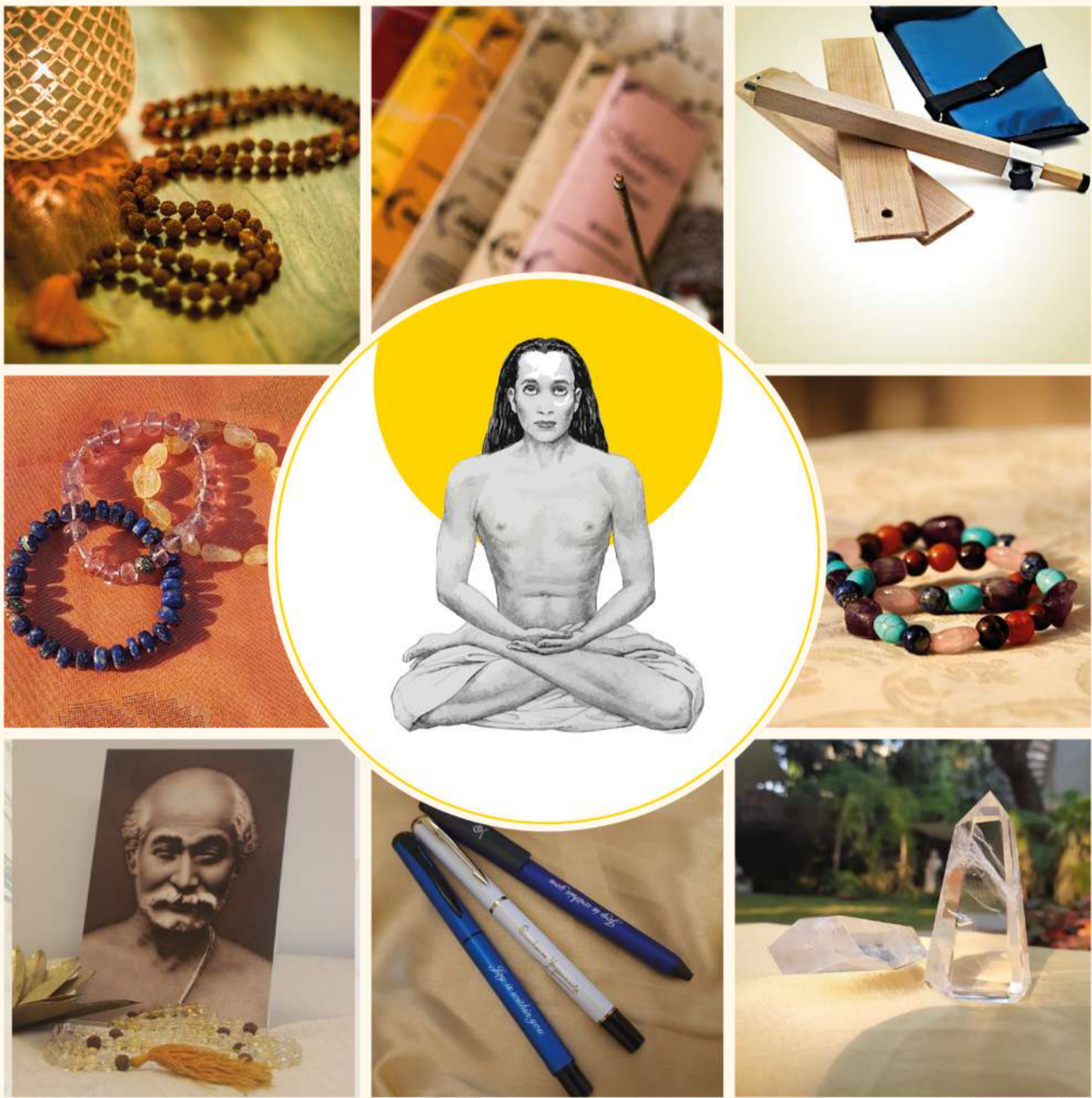
Visualize all those on the list, and mentally surround them with divine light. Then deeply pray, **“Lord, fill them with peace and harmony, peace and harmony, peace and harmony,”** over and over, for about a minute. Afterward, visualize yourself in a divine light, and pray, **“Lord, fill me with peace and harmony, peace and harmony, peace and harmony,”** for about 15 seconds. Do this five times a day, and see how your life changes!

Crossword Puzzle: Answers

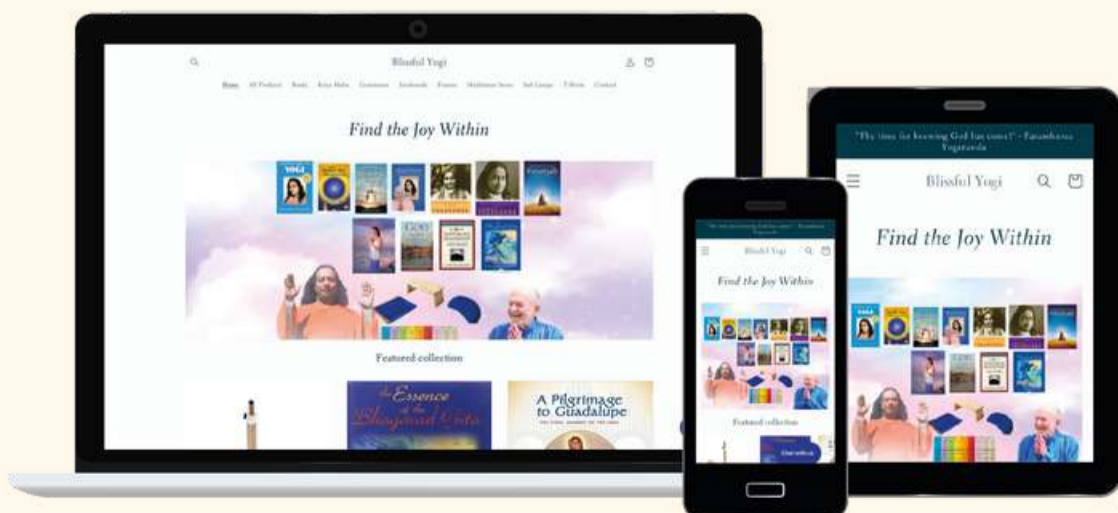


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This issue was made possible by the joyful service of Biswajit, Nayantara, Neha, Pradnya, Shruti, and many other devotees who enthusiastically shared their experiences with US.

We also welcome you to contribute articles, stories, experiences, designs, photos, quizzes, or trivia, all in the name of our shared path and spiritual family!

Please *contact Shivendra (9650958815).*

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



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.

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