



*Thy Light
Within Us
Shining*

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"THE SOURCE" BY NAYASWAMI JYOTISH

Welcome to the fourth issue of “For Joy I Live!”, Ananda Delhi’s quarterly magazine. In this issue, we focus on *inner light* and hope to inspire you to seek that light within. This light is always shining, behind the darkness of closed eyes. In *The Promise of Immortality*, Swami Kriyananda writes:

“Absorption in the light comes not by passivity. Nor can it be forcefully commandeered. It comes at last, however, by steadfast, deep devotion. Most important of all is an attitude of loving receptivity toward the one whom God has ordained as your true, or sat, guru.”

May God and our Masters keep you protected in their light always.

Joy to You,

Your Spiritual Family

at Ananda Sangha Delhi

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Parashansa Jogavanda

THE SUPREMELY EFFULGENT INNER LIGHT

*(An excerpt from "The Essence of the Bhagavad Gita"
by Swami Kriyananda)*

***"The yogi, at the time of his death, attains that supremely effulgent state: provided that, with deep love and with focused power through the practice of yoga, he succeeds in penetrating his conscious energy through the Kutastha between the eyebrows (the seat of the spiritual eye); and if he maintains his attention unwaveringly on that Being who, beyond all delusions of (gloom and) darkness, shines like the sun—whose form is subtler than the finest atom, who is the Ultimate Support of all (existence), and the great Ruler (of all), eternal and omniscient."
— Bhagavad Gita (8:9, 10)***

Here we find listed the three major qualifications by which a true yogi at death passes into, and merges with, the Divine Essence: divine devotion; yoga mastery (which comes through the practice of Kriya Yoga); and perfect concentration. Yogananda stated that the true yogi "always knows in advance the hour of his death".

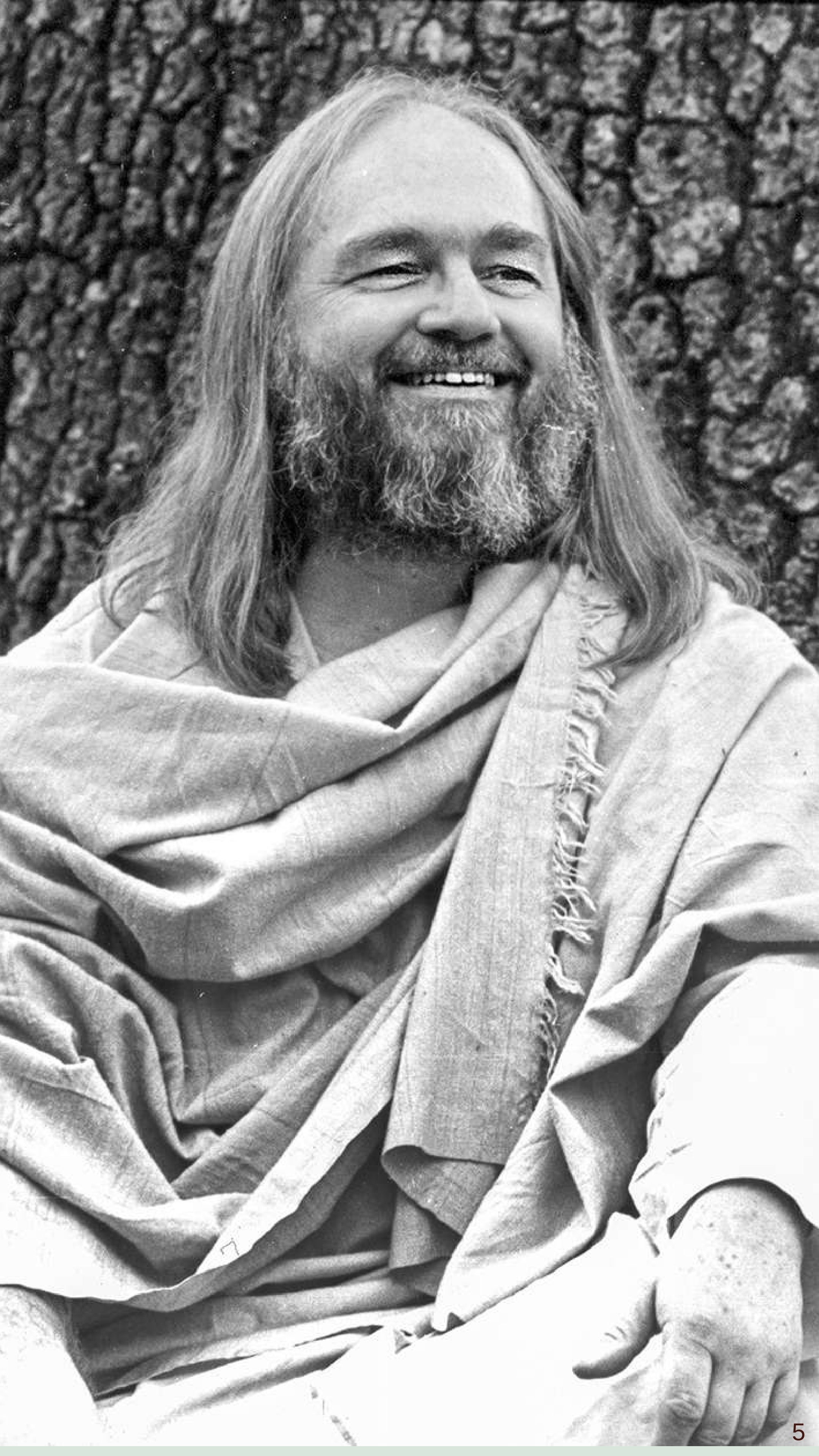
These two stanzas refer twice to God as Light. The inner light is “supremely effulgent”—brighter, it states later in the Gita, than a thousand suns. Yet the inner light is not hurtful to the eyes; it is only thrilling to the soul. The soul knows it is, itself, that light, as, when one hears AUM, one knows he is, himself, that Cosmic Vibration. As the AUM vibration plays upon the harp strings (so to speak) of one’s very being, so also the light thrills one’s consciousness with the awareness that it is Light. The “light of knowledge,” and, “the light of understanding” are no mere figures of speech.

This radiance “as from a thousand suns” merges into multi-colored rays in an “ever-new display”, issuing as if from a spherical fountain, its rays spraying outward from an endless number of points in space. The single, spiritual eye in the forehead bestows on the yogi a spherical vision, its luminosity ever-changing, blissful, omnipresent. This vibratory light, an aspect of AUM, carries the yogi beyond all of Maya’s dualities.

He realizes oneness with the transcendent Lord, “whose form is subtler than the finest atom, the Ultimate Support of all (existence), the great Ruler (of all), eternal and omniscient”—out of whom issue the causal, astral, and material universes.

Krishna, in speaking in these two stanzas of the inner light, and of concentration at the point between the eyebrows, is referring to the light that all can—and that many do—behold at that point. The spiritual eye is not a poetic image. Many even who know nothing of yoga have beheld it. It consists of a circle of golden light encasing a blue field, with a brilliant five-pointed star, silvery-white in color, in the center.

The great yogi, however, through his spherical spiritual eye, merely observes the phenomenon of death. The yogi who, during his lifetime, has practiced withdrawing his energy and consciousness from the body is able to greet death as an old friend. Permanently released by conscious transition, he emerges from the body with great joy.



KIRTANS & ANNIVERSARIES

Below are joyful pictures of the devotional celebrations of Swami Kriyanada's Moksha Day, Birthday, and Swami Sri Yukteswar's Birthday!



OUTREACH

With your support, we've been reaching out to souls hungry for truth no matter where they are — sitting in corporate skyscrapers, studying in schools, living in nearby residential apartments or visiting the clubs! Here are the few glimpses of our outreach efforts:





MEDITATION COURSES

By the grace of our Guru, our meditation courses were attended by many new truth seekers. Below you'll see glimpses from our last two "Learn to Meditate" courses (Level 1) as well as other introductory sessions.



SPECIAL RETREATS & WORKSHOPS

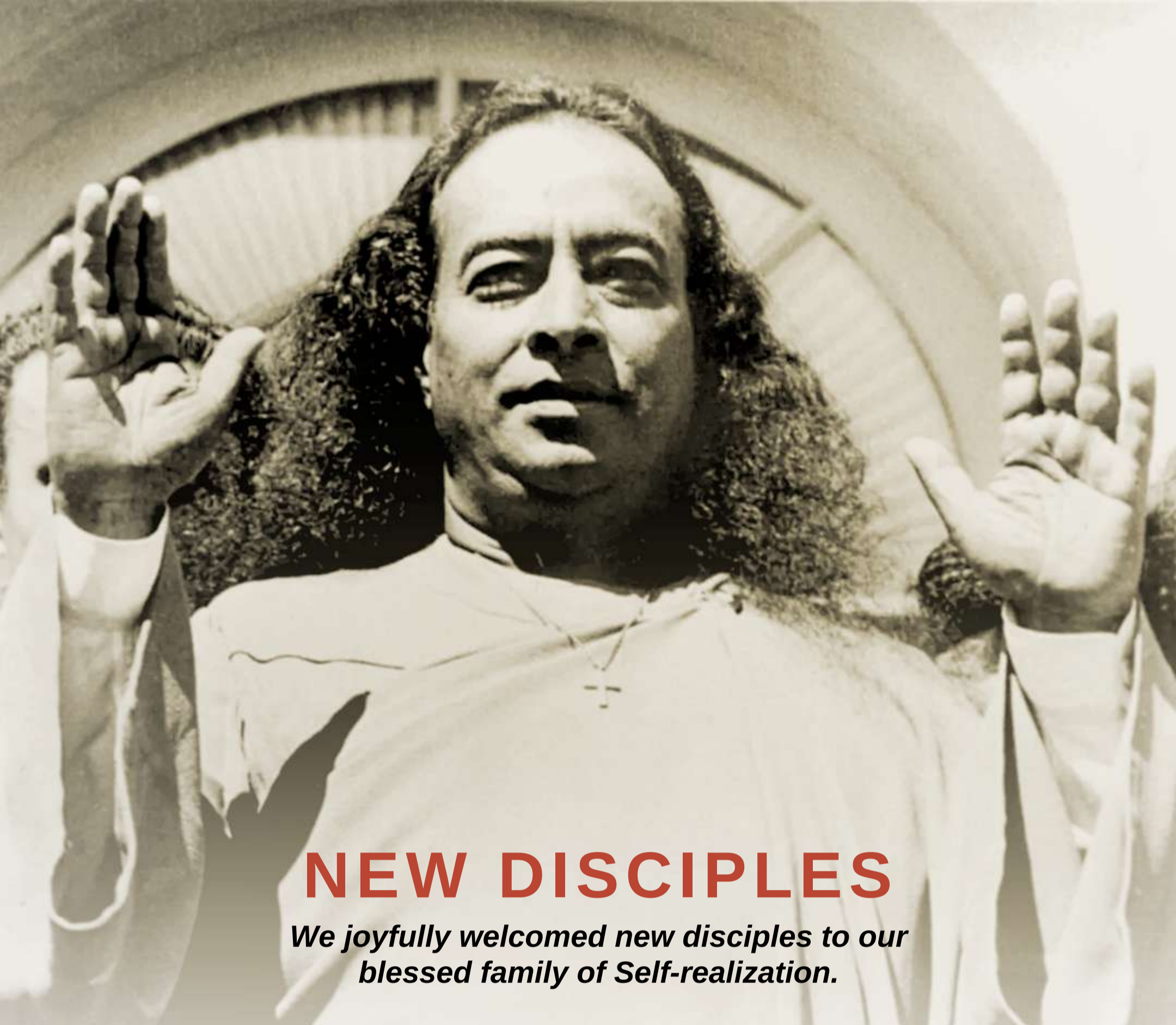
In addition to meditation courses, in the last three months, we organized many special workshops covering myriad aspects of the spiritual path — music, journalling, introspection, the vibration of Aum, karma, reincarnation, gratitude, health, and well-being, finding your dharma, the power of silence and much more. The photos below clearly show that people love it!



SUMMER CLASSES FOR CHILDREN

The advent of summer brought with it sweet and fun experiences of seeing children learning higher truths with interesting games and activities. Enjoy these cute and joyful pictures!





NEW DISCIPLES

We joyfully welcomed new disciples to our blessed family of Self-realization.



“WHY I MEDITATE”

DEVOTEES SHARE

"When I meditate, I hold myself up.

When not, I am scattered.

When I meditate, I feel God's presence.

When not, I am empty.

When I meditate, I work with God's guidance.

When not, I am lost.

When I meditate, I stay in God's protection.

When not, I am still protected because God never leaves me alone!" — ***Paramjeet***

"I meditate to commune with my higher self and to find a connection with God. In my search for God in meditation, I receive inner peace, calmness, energy, joy, inner strength, and guidance."

— ***Charanjeet***

"I meditate to know myself and how should I handle myself throughout the day." — ***Gautam***

"I meditate to find the inner peace and eternal joy inside of me and share it with others. In this quiet state of mind, I receive the guidance of the gurus and attune myself to the Self. Meditating every single day is the way to have an intimate conversation with God that is beyond words."

— **Marie**

"I meditate to discipline myself, to listen to the silence, learn the language of the Cosmos, feel the vibrations & connect with the higher energies which are lost in the mindless chatter of everyday life; to align my thoughts and soul with the Universe thereby acknowledging the existence of the Supreme and seeking His eternal grace and protection." — **Dr. Shakti Luther**

"Meditation gives me peace and calmness. It's the bridge that takes me closer to my beloved."

— **Sherien**

BANISHING INNER DARKNESS **- AN EGO AND A SAINT**

By Neha

Once Guru Nanak Ji was travelling to Kashmir.

Devotees from the city and nearby villages gathered to have a glimpse of the Guru they had only heard of. The message also reached Brahmadas, the profound pandit of Kashmir. He wielded divine powers because of his years of sadhana. So, when he was apprised about the flocks crowding Guru Nanak's sermon like houseflies to sweetmeat, he declared that he won't go there like the ordinary folks. He will use his yogic powers to manifest a flying carpet to discern the so-called saint from above.

And so, it was!

He conjured the magic carpet and went aloft. There surely was a huge ecstatic crowd below at the venue but there was no reason for the gathering, let alone the ecstasy. He couldn't find any saint or a look-alike of a saint in the many heads he could unmistakably see from above.

He decided to descend his carpet into the verdant valley for a closer look. Even at the eye level, there was nothing except the many familiar faces. He turned to the crowd and asked about the saint. The gathering pointed toward a direction.

Brahmadas angrily snapped at the crowd. "I have seen all around. It's just you all and no one here." He stormed off the venue with folded carpet clenched under his arm as all his efforts at power play were rendered useless.

When he returned to his hermitage, he asked his disciple whether there really was a saint amidst the crowd, and he nodded placidly.

The next morning, Brahmadas took to his feet to reach Guru Nanak Ji's abode. And there he was, as visible as the valley itself. His kind eyes looked at Brahmadas as he summoned him close. With folded hands, Brahmadas asked the reason why he couldn't see him the previous day. "How could you see me Brahmadas, it was all dark around," answered Nanak Ji.

"No, no Guruji, I came during the day and it was a clear, cloudless day."

"Brahmadas, is there any darkness blacker than pride?" Guruji smiled. Brahmadas folded his hands and pleaded to be absolved.

"Forgive me Guruji. I studied volumes of sacred books, procured divine powers, and yet could not find the light that the soul seeks. But now, I feel it here in your presence." Guruji smiled and closed his eyes into the realms of meditation. Brahmadas followed suit. The valley was aglow with divine light.

**“FORGET THE PAST,
FOR IT IS GONE
FROM YOUR DOMAIN!**

**FORGET THE FUTURE,
FOR IT IS BEYOND
YOUR REACH!**

**CONTROL THE PRESENT!
LIVE SUPREME WELL NOW!**

**THIS IS THE WAY
OF THE WISE.”**

*- AUTOBIOGRAPHY OF A YOGI
BY PARAMHANSA YOGANANDA*



Spiritual Quiz

The **Autobiography of a Yogi** by Paramhansa Yogananda has been a spiritual classic for many decades. If you're reading this magazine, it's likely to have inspired your spiritual search. Here, then, is a fun quiz from the book. Let's see how much we remember from the life of Yogananda Ji:

1. How old was Lahiri Mahasaya when he met his guru?

- a. 33
- b. 67
- c. 12
- d. 34

2. Which of these statements belong to Babaji:

- a. Banat Banat Ban Jayi
- b. Dera Danda Uthao
- c. Learn to Behave
- d. Only love can take my place

3. What are the metals used in the general-purpose armlet?

- a. Gold, brass, lead
- b. Silver, lead, copper
- c. Gold, silver, copper
- d. Zinc, silver, brass

4. When Yogananda said, "My own path led to a Christlike sage," to whom did he refer to?

- a. Ram Gopal Mazumdar
- b. Sri Yukteswar Giri
- c. Lahiri Mahasaya
- d. Master Mahasaya

5. Who was the Saint with two bodies

- a. Master Mahasaya
- b. Bahaduri Mahasaya
- c. Swami Pranabananda
- d. Swami Vishuddhananda

6. What was the family name of Anandamoyi Ma:

- a. Kamala Devi
- b. Sharda Devi
- c. Nirmala Devi
- d. Saraswati Devi

7. How many kriyas give the equivalent of 1000 years of normal evolution?

- a. Ten thousand
- b. One thousand
- c. Two thousand
- d. Eleven thousand

8. For which of his disciple did Lahiri Mahasaya stop the train?

- a. Rama
- b. Abhoya
- c. Ram Gopal Mazumdar
- d. Swami Pranabananda

9. Who were present at Dasaswamedh bathing ghat when Mahavatar Babaji promised not to leave his body?

- a. Mataji, Lahiri Mahasaya and Swami Kebalananda
- b. Lahiri Mahasaya, Swami Sri Yukteswar and Yogananda
- c. Mataji, Lahiri Mahasaya and Swami Pranabananda
- d. Mataji, Sri Yukteswar and Lahiri Mahasaya

10. In which town was Lahiri Mahasaya living when he met Mahavatar Babaji for the first time?

- a. Banaras
- b. Ranikhet
- c. Ghurni
- d. Danapur

11. Who is known as the Premavatar?

- a. Anandamoyi Ma
- b. Paramhansa Yogananda
- c. Lahiri Mahasaya
- d. Swami Sri Yukteswar

12. What is the name of the book that Mahavatar Babaji commissioned Swami Sri Yukteswar to write?

- a. The Science of Religion
- b. The Holy Science
- c. Religions of East and West
- d. The Gita Commentaries

13. What was the name of the steamer that took Yogananda to Europe in 1935?

- a. Bremen
- b. The City of Sparta
- c. Rajputana
- d. Europa

14. How many elements make up an astral body?

- a. 19
- b. 21
- c. 35
- d. 48

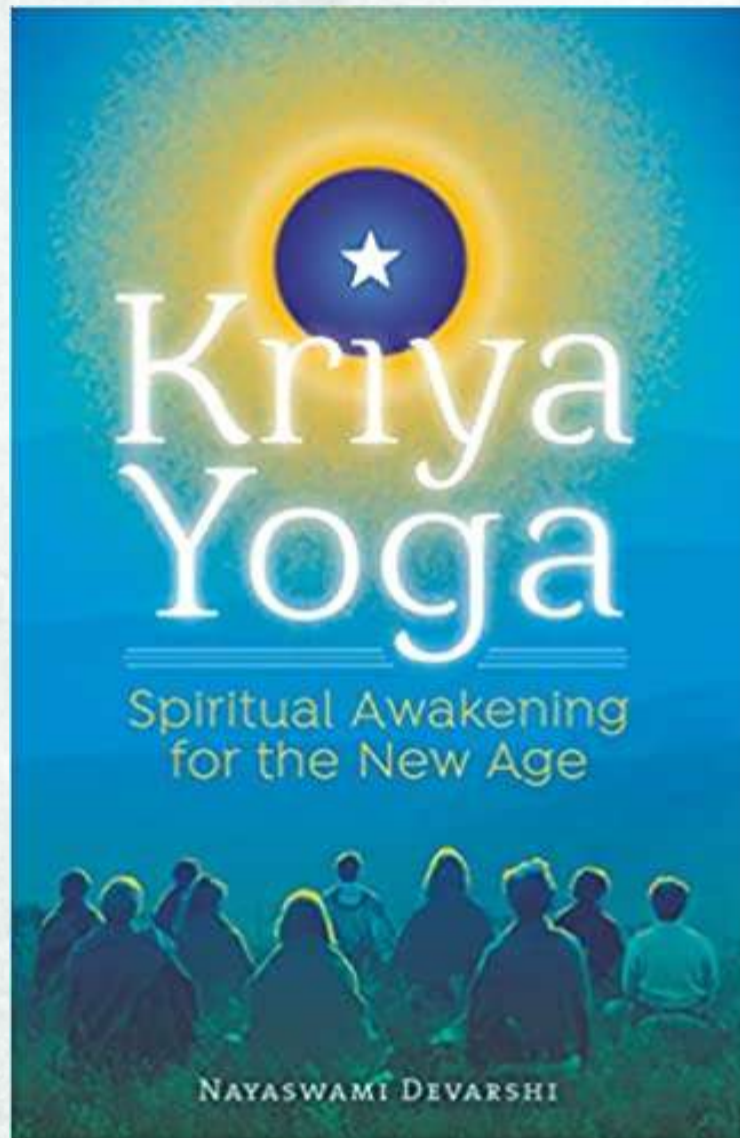
15. When did Paramhansa Yogananda enter Mahasamadhi?

- a. March 7, 1953
- b. March 27, 1953
- c. March 7, 1952
- d. March 27, 1952

P.S. The answers will be revealed in the next edition. Till then, open the Autobiography of a Yogi and check the answers for yourself!

BOOKS WE LOVE

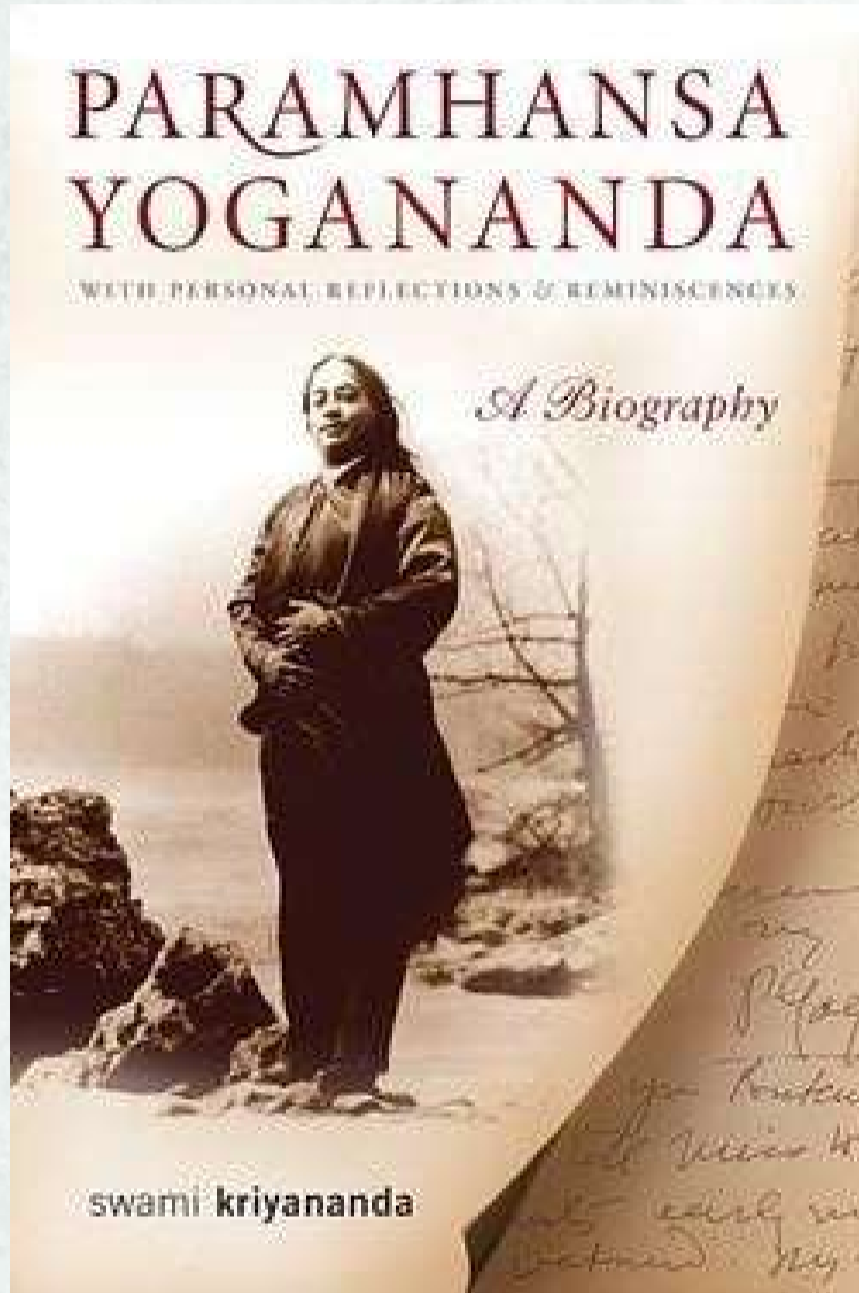
Kriya Yoga: Spiritual Awakening for the New Age *by Nayaswami Devarshi*



[GET YOUR COPY HERE](#)

“I started to read this book one morning and found it hard to put down. By the end of the day, I had finished reading it! Each chapter covers a different aspect of Kriya and is worth meditating upon for months if not years. This book is unique in that it presents Kriya Yoga in a way that is understandable to a beginner meditator yet is amazingly insightful for the experienced yogi as well. Never before have I found a resource on Kriya that I can freely share with all! That, for me, has been the best gift!” — *Shivendra*

Paramhansa Yogananda: A Biography *by Swami Kriyananda*

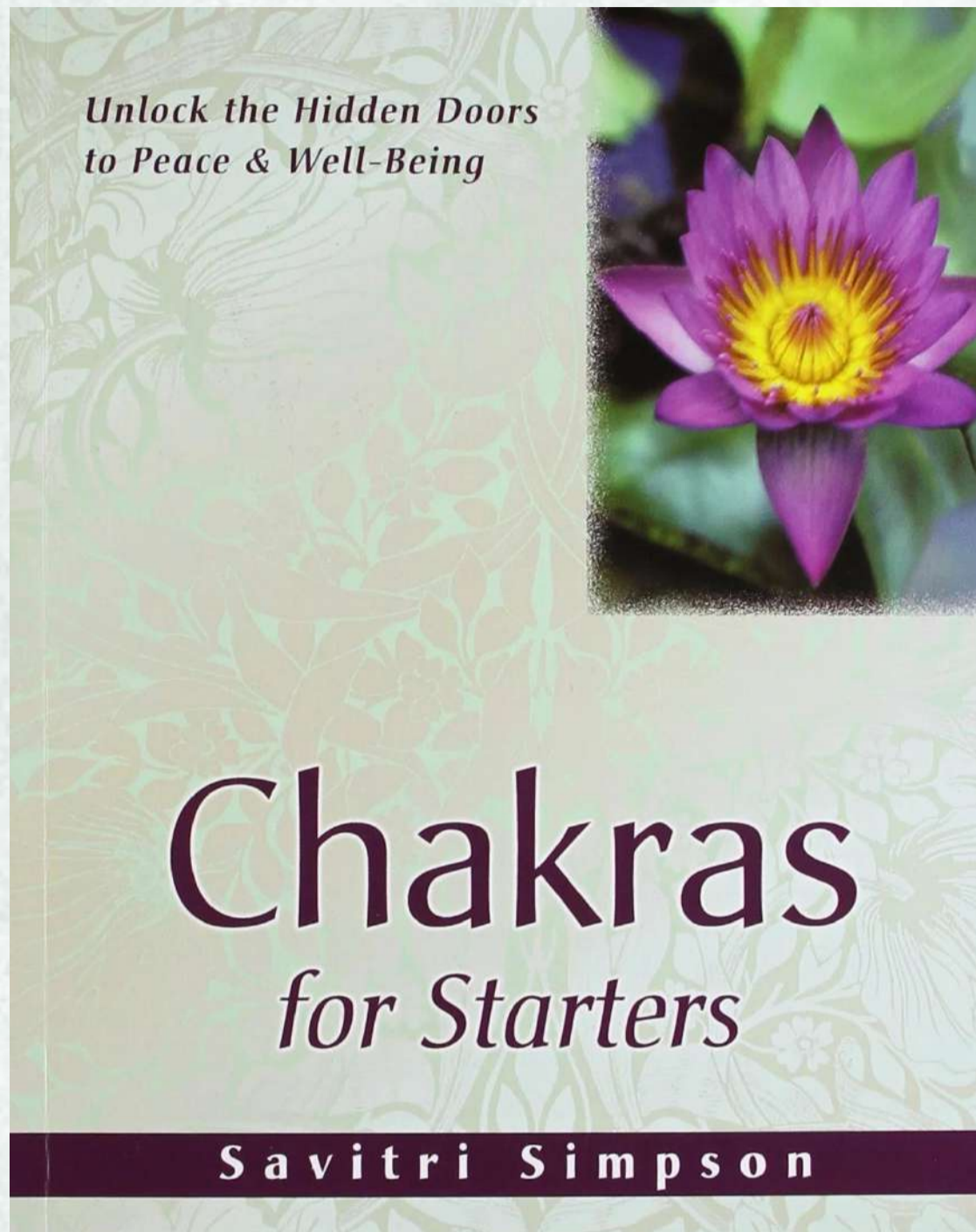


[GET YOUR COPY HERE](#)

“In this book, Paramhansa Yogananda’s disciple, Kriyananda did not leave mere memories of his guru. He sprawled it out to a whole 322 pages - How the ferocious tiger like a puppy upturned his belly to be rubbed at the sight of the Master; the Guru’s love for his motorbike that he gave away in a few seconds to someone who longed for it; a gangster throwing down his revolver to ask for the bliss that he tasted around him. Every page is a revelation, every flip is a story, and for the readers, all of it is worth many re-reads.” — *Neha*

Chakras for Starters

by Savitri Simpson



GET YOUR COPY HERE

“This book is helpful in understanding the intricate connection of each chakra in the body to nature. The chapter - The Earth Element (First Chakra) takes us step by step into meditation to strengthen our relationship with rock, pebbles, ground, and the earth. It helps us imbibe the qualities of strength and determination by using suitable affirmations. The book intricately provides the names, colors, positions, and musical notes for each chakra in our body. The poems at the beginning of each chapter make the reader joyful and at ease.” — *Shruti*

SWAMI KRIYANANDA'S MUSIC

“Ananda would not be what it is today without the influence of the music. Books and lectures are the outer form of the teachings; music is its coursing blood. It is not my music or even our music. It is a new ray of consciousness that is coming into this world as music. Every note is the way I heard it. I didn’t create it, I just wrote it down.”

— Swami Kriyananda



Below we share two of pieces of Swami's music that will help you tune into the Divine Light

THY LIGHT WITHIN US SHINING

Introduction to the Song

*“Thy light shines within us,
And the long night of our sin
Flees before the sunrays of Thy love.”*

Lyrics:

*Thy light within us shining
Has shown where freedom lies:
From earthly walls confining
To soar in Spirit’s skies.*

*How oft, like sheep, we’ve strayed apart!
Now, guided by Thy ray,
In inner freedom of the heart
Our night has turned to day!*

LISTEN TO IT HERE

YES, IT'S DEVIL WORSHIP

Introduction to the Song

Yogananda said, "The greatest sin is to call yourself a sinner."

In telling disciples how to overcome our own evil tendencies, he often said, "Don't concentrate too much on your faults. That will only reinforce them. A room may be in darkness for thousands of years. Once you bring light into it, however, the darkness will cease to exist.

"Don't beat at your ignorance with the stick of self-blame. Hold good thoughts, perform good actions, and meditate. If you turn on the inner light, the darkness will vanish forever as though it had never been!"

Lyrics

*Brother, I've a faint suspicion
You and I've been led astray:
Taught to drive the devil from us,
We've invited him to stay!
What we need is light!
For we can't drive out the darkness
With a stick, with a stick,
No, we can't drive out the devil with a stick.*

*Some proclaim all men are sinners,
Can't escape the devil's might.
How their interest must intrigue him,
They won't let him out of sight!
What we need is light!
For we can't drive out the darkness
Talking sin, talking sin,
No, we can't drive out the devil talking sin.*

*Some of us were taught the slogan:
"Social evils must be slain!"
But can anger drive out sorrow?
How can passion conquer pain?
What we need is light!
For we can't drive out the darkness
While we hate, while we hate,
No, we can't drive out the devil while we hate.*

*Brother, have you ever wondered
Why the darkness lingers on?
If we want to see the sunrise
Let us turn and face the dawn!
What we need is light!
For we'll only best the darkness
When we love, when we love,
Yes, we'll only best the devil when we love!*

LISTEN TO IT HERE

A REFRESHING SUMMER RECIPE

PINEAPPLE ORANGE SMOOTHIE

Make this smoothie when oranges are in season and at their best.

3 cm slice of pineapple, without the skin juice of 4 oranges.

Pineapples give the spiritual quality of self-assurance.

~ From

"A Taste of Joy"

by Mahiya Zoé Matthews

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"BE A WARRIOR OF LIGHT" SPIRITUAL CHALLENGE!

Paramhansa Yogananda said that natural calamities such as earthquakes and hurricanes are the result of the excessive build-up of negative thoughts and emotions around the world.

Yet, healing prayers and positive thoughts of many people can help to neutralise these negative vibrations. This is why it's our dharma and responsibility to not only experience Divine Light in our lives but be Warriors of Light, sharing it with all souls.

Let us do this meditation exercise suggested by Swamiji and be a source positive healing force in the world:

"Sit upright, keeping your spine straight and your body relaxed. To relax completely, first inhale deeply and tense the whole body. Next, exhale forcibly and relax. Repeat this exercise two or three times.

"Now, holding your body very still, think of your skin as the outer crust of our planet Earth. Within this crust is contained everything. The earth's rivers are the blood coursing through the veins. The oceans with their mighty tides are your lungs. The woods and forests are the hairs on your head and on the skin of your body. The plains are the broad expanses of your back and abdomen. The humble receptivity of the valleys is expressed in the upturned palms of your hands. The hills and mountains are your shoulders and cranium. The wind blowing over the earth is your breath. God's love for all the world radiates outward like a light from your own heart.

"Send love outward in blessing to all humanity, to all creatures, to all things, moving and unmoving everywhere."

You can do it after your daily meditation. This can help you expand your consciousness and feel one with the divine.



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blissfullyogistore.com

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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FOR JOY I LIVE!

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