



# FOR JOY I LIVE

"THE LIGHT OF LOVE" BY NAYASWAMI JYOTISH

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Edition 04 | Divine Mother: Form & Formless | Autumn 2023

Welcome to the fourth issue of “For Joy, I Live!” Ananda Delhi’s quarterly magazine. Inspired by the Navratras and the worship of the divine mother, we dedicate this issue to Her — Her forms and her formless presence.

*Swami Kriyananda said, “Yogananda brought one of the most important gifts he could have given, the idea of worshiping the Divine Mother. We need to stress this aspect of his teaching, this aspect of love, and of love of the Divine Mother.”*

May you feel Divine Mother’s love in your heart evermore deeply.

Joy to You,  
Your Spiritual Family  
at Ananda Sangha Delhi

# Contents

Different Forms of Divine Mother	02
We Hope You Didn't Miss These!	06
"Why I Serve?" — Devotees Share	20
When Mother Comes Home	22
God — a poem	25
Pilgrimages	26
Books We Love	27
Music of Swami Kriyananda	30
Delicious Festival Recipes	32
Spiritual Experiment: "Complain Fast!"	33
Contribute to the Magazine	35



# DIFFERENT FORMS OF DIVINE MOTHER

*(by Tyagi Jayadev from Ananda Assisi)*

All nature that we behold is the Mother aspect of God because in nature we find beauty, gentleness, and kindness. The flowers, birds, and the beauties of nature all speak of the Mother aspect of God—the creative, motherly instinct of God. When we look at all the good things in nature, we feel a tenderness rise within us; we can see and feel God in nature.

## **Divine Versatility**

It is, of course, entirely up to us how we approach God—as a Father, a Mother, or in a formless way. The one and only valid “dogma” is Love. He/She answers to sincere devotion, appearing with a million different faces, in whatever form the devotee worships. Yogananda, in the *Autobiography of a Yogi*, puts it beautifully:

*“A devout Christian sees Jesus; a Hindu beholds Krishna, or the Goddess Kali, or an expanding Light if his worship takes an impersonal turn.... In order to please His beloved devotee, the Lord takes any desired form. If the devotee worships through devotion, he sees God as the Divine Mother.”*

How does She appear? What face does She have? What clothes does She wear? The good news is that Her versatility is infinite. Countless are the faces and forms of the Mother of the Universe to her children.

In Her impersonal form, through the Aum Vibration, She appears to us as Mother Nature. But behind those outward forms, She is formless. Yogananda said, *“The Divine Mother is so beautiful! But remember, in Her higher manifestation even that beauty is formless. She is in everything. Be ever conscious of Her presence in your heart.”* In Her personal form, she appears in many magnificent forms to the devotee, in all cultures and religions.

Some of Her forms are the Virgin Mother for Christians, Ma Tara for Buddhists, Fatima for Muslims, and Kali, Parvati, Durga, Saraswati, Laxmi, and many others for the Hindus.

And finally, secretly, the Divine Mother also wears the face of our earthly mother (however imperfectly she may play that role!).

### **Channeling the Divine Mother**

As Her children, it's our joy to immerse ourselves in Her love and channel it to all souls. How can we become such channels?

Swami Kriyananda offers us a golden method:

Whatever you do, try in every thought and action to express inner, divine inspiration. Visualize grace as flowing through you from AUM, the Holy Ghost, or Divine Mother.

May we then learn to live in Her love, trust in Her love, and most of all make every effort to channel Her love to all.





# WE HOPE YOU DIDN'T MISS THESE!

Below are joyful pictures of various kirtans, meditations, and celebrations on Janmashtami, Full Moon, Swami Kriyananda's Discipleship Anniversary, Lahiri Mahasaya's Birthday, Dussehra, and more!



**Kirtan with Keshava Betts**



**Babaji Commemoration Day**



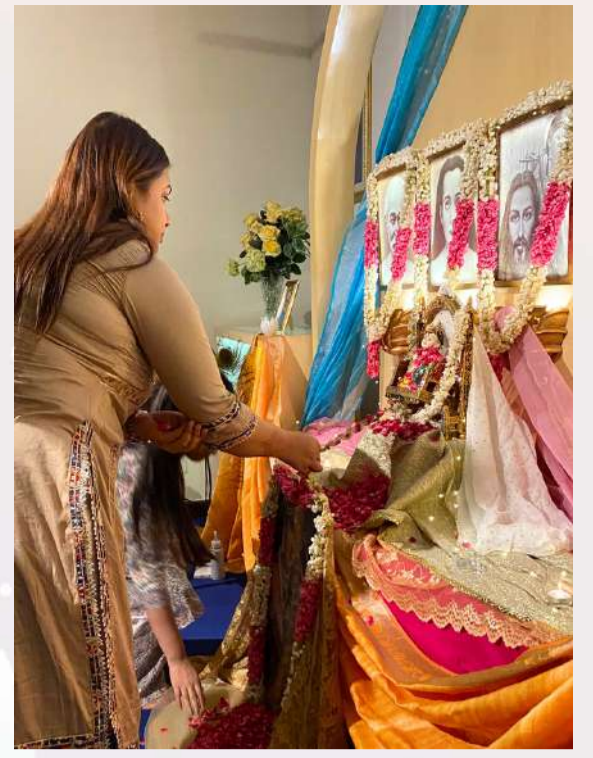
**Full moon Meditation & Purification Ceremony**



**Kirtan with Tyagis Narayani & Shurjo**



**Swami's 75th Discipleship Anniversary Kirtan**



## Janmashtami



## Lahiri Mahasaya's Birthday Kirtan

# 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 seeking the teachings of Kriya Yoga all over Delhi! Here are a few glimpses of our outreach efforts.



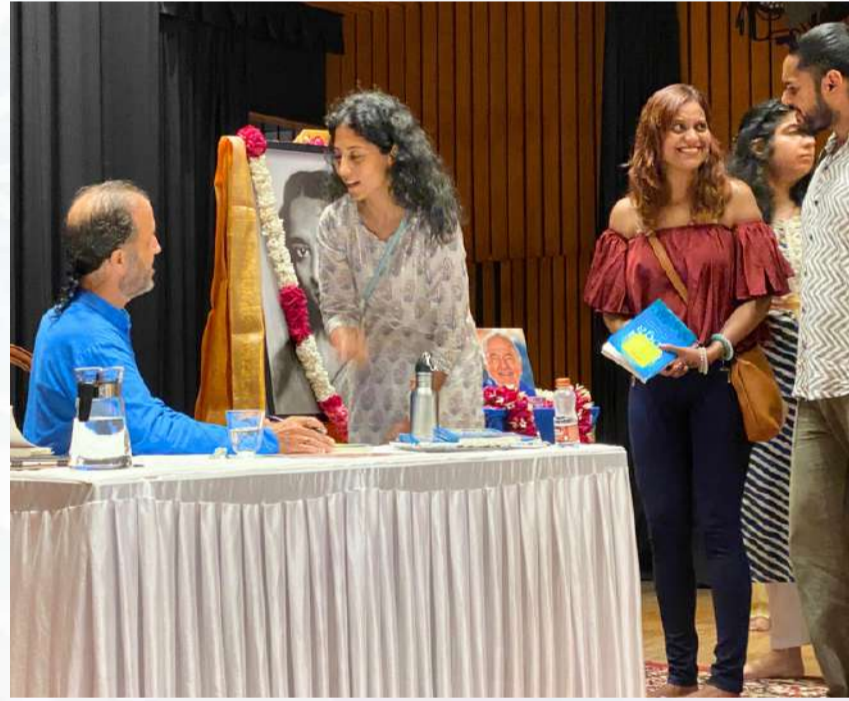
## CR Park Kirtan



## School Workshops



## Panchshila Club Outreach



## Kriya Yoga – Spiritual Awakening for the New Age Discourse & Book Launch by Nayaswami Devarshi

# Spiritual Fair: Tools for a Happier Life

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



# Meditation Courses

By the grace of our Guru's many souls are being attracted to our meditation courses in huge numbers. Our latest Learn to Meditate (Level 1) course was attended by 65 people! Master's light reaching far and wide!



**Learn to Meditate Courses - Level 1**

# Special Retreats and Workshops

In addition to meditation courses, in the last three months, we organised many special workshops covering myriad aspects of the spiritual path — astrology, music, karma, healing techniques, yugas, flower essences, experiential art, the power of silence and much more!



## Astrology and Music Class with Keshava Betts



## Independence Day Retreats





**Mejda Our Beloved – A Play by Kids**



**Flower Essence Workshops with Lila Devi**



Our hearts rejoice to see these kids being trained in the principles laid by Paramahansa Yogananda and Swami Kriyananda! This program aims to redirect the boundless energies of children inwardly to spiritual activities such as chanting, affirmations, yoga, storytelling, role-playing, and other activities.

***Please bring your children to our next program! And if you'd like, you can also have them participate in our upcoming Christmas Play! Please contact Renu (9899877067)***



## Spiritual Sundays for Children



## Special Ancestors' Healing Workshop



## Experiential Art Workshops With Surabhi Bali

# Ananda India's 20th Anniversary Celebration with Nayaswamis Jyotish and Devi

Ananda India turns 20! We had a deep, inspiring, and joyful celebration at the ashram - satsang, music, ashram blessing, kids' play, and more! Relive those special moments with the pictures below!



## And Some More Good News!



Nayaswamis Jyotish and Devi officially made Sachi Vajani an Ananda Acharya. In addition to teaching, Ananda Acharyas give blessings at satsang, and perform Ananda ceremonies.

In addition to that, they also gave the Vow of Brahmacharya to Chika Fujita. This vow is a part of the Nayaswami Order created by Swami Kriyananda. (You can read more about it in his book, "[\*\*A Renunciate Order for the New Age.\*\*](#)")

# "WHY I SERVE"

~ *Devotees share*

Service is ennobling. It is a way of offering our human littleness into the great Reality that is God. The following are the experiences of devotees who have joyfully served with Ananda. May these experiences inspire us to serve God with all our energy and enthusiasm!

“Serving gives me the satisfaction of being an instrument that creates value in another person’s life.” — ***Shubhendra***

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“Through seva, we give back to the earth and to the species that we coexist with, which helps us live a harmonious life that is all reaching and all giving. In seva we forget the little self, and feel one with everything.” — ***Pramila***

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“I have been blessed with kindness and generosity from others my entire life. I am additionally blessed that I can give back. It is my privilege and honor to make a positive difference in someone else’s life.” — ***Marlene***

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“In gratitude and thankfulness for the divine grace my Gurudev has bestowed on me, for his ever-present love and blessings that are with me, I try to be his channel to reach the people he wants to come to him.” — ***Vichitra***

“In the heart of Ananda's serenity, I've happened to discover my own reflection in the tranquil depths. Here, serving any day becomes a sacred dance, and every moment is a step closer to the divine.”

— ***Devapriya***

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“Serving is an act of expansion. It brings me great joy when I serve at Ananda. I feel uplifted, energized, and more connected to our Guru.”

— ***Shilpi***

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“Serving at the spiritual fair does more for me than I had imagined. I feel every conversation moves something within me and helps me flow even more towards myself. The grace of the gurus that is evident in every particle of air on that day can't be captured in words.” — ***Kanupriya***

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“I serve because I feel the joy of God while serving along with other gurubhais. When I serve more I experience His grace in all aspects of my life more abundantly.” — ***Mona***

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“While serving the prasad, you not only receive blessings of the Master but the reward also comes as a smile of satisfaction on people's faces. I have always felt extra special for being chosen to serve with such beautiful souls who seek happiness in feeding others with a smile.” — ***Aashima***

# WHEN MOTHER COMES HOME

*By Neha*

The opulence of Durga Puja starts making the headlines even before the puja commences today. The word has it that the Government of India had endorsed to UNESCO, to make Kolkata Pujas a world heritage site.

But many moons ago, when our lives and festivals both were simple, I remember the idol of maa with nothing more than just the divinity on her face . This is the image of the mother that conjures up when I close my eyes. But when autumn dawns its coolness and the beat of the dhaang and fragrance of the dhoop spreads like the air around, the old divine face returns with an overwhelm.

I was a little girl then, new in a small town where daddy was posted. The colony kids had put together a basic pergola with a basic idol of Durga maa in it. The residents had contributed their sarees weeks ahead of the puja to drape the scaffolding which we all lovingly called *pandal*. With it, they gave their time and a small sum too to buy the idol from the artisans. The result was the simplest statuette of the divine mother ensconced in a handmade Banarasi silk *pandal*.



On Shashti, the sixth day of the festival, when we lifted the veil, there she stood with her big, beautiful eyes to be worshipped with mithai and hibiscus flowers from our backyards. Her wavy hair was untied but tucked behind the ears in discipline as if to manage the flurry of the day. She wore a comfortable cotton sari casually thrown into an aanchal, over her shoulder. There were a few plain, red glass bangles that seemed to have been around her wrist forever.

Scriptures say that the Goddess Durga comes to her mother's house during these ten days and when I saw her like that, she was just another girl going to her mom's place. Not particular about how dressed up she was or how things should be. The quiescence of being at her mother's showed in every piece of her dressing down.

She was so easily capable of being a goddess as per our conditioning, and yet, she looked one of us. A young, beautiful Bengali girl in the neighbourhood who we couldn't wait to worship.

It's been almost thirty years and I can't get over this image of the divine in my mind.

Was she saying that I look like you because you are my children and I have made you in my image?

Aren't the stories of Lord Rama, Krishna, and Shiva narrated in Indian households to encourage us to be like them? And aren't the self-learnings and un-learnings of life about coming as close as possible to our gods in their merits and their righteousness?

How could it be an exception then that the divine mother wasn't using her idol form to remind us to work on ourselves, one weakness after another, one festive year after another, to eventually become one with her?

# GOD

We like God,  
but God likes us more.

God is in our hearts,  
and we are in God's heart.

Whenever God's eyes twinkle,  
then I can talk to God.

Whenever I get to touch God's feet,  
looks like I am protected.

Which day I will get to see God again,  
nobody knows.

The day I will see God,  
that day I will touch God.

The day I go away from God,  
I won't like it much.

*~ by Avahn Dev Ganguly, (6 years),*

*(written after a visit to a Durga Puja celebration  
in West Bengal)*



# PILGRIMAGES

Ananda Delhi recently organized pilgrimages to various holy spots like Badrinath and Babaji's Cave. We were also blessed by the company of international pilgrims from Singapore, Palo Alto, and Ananda Village!

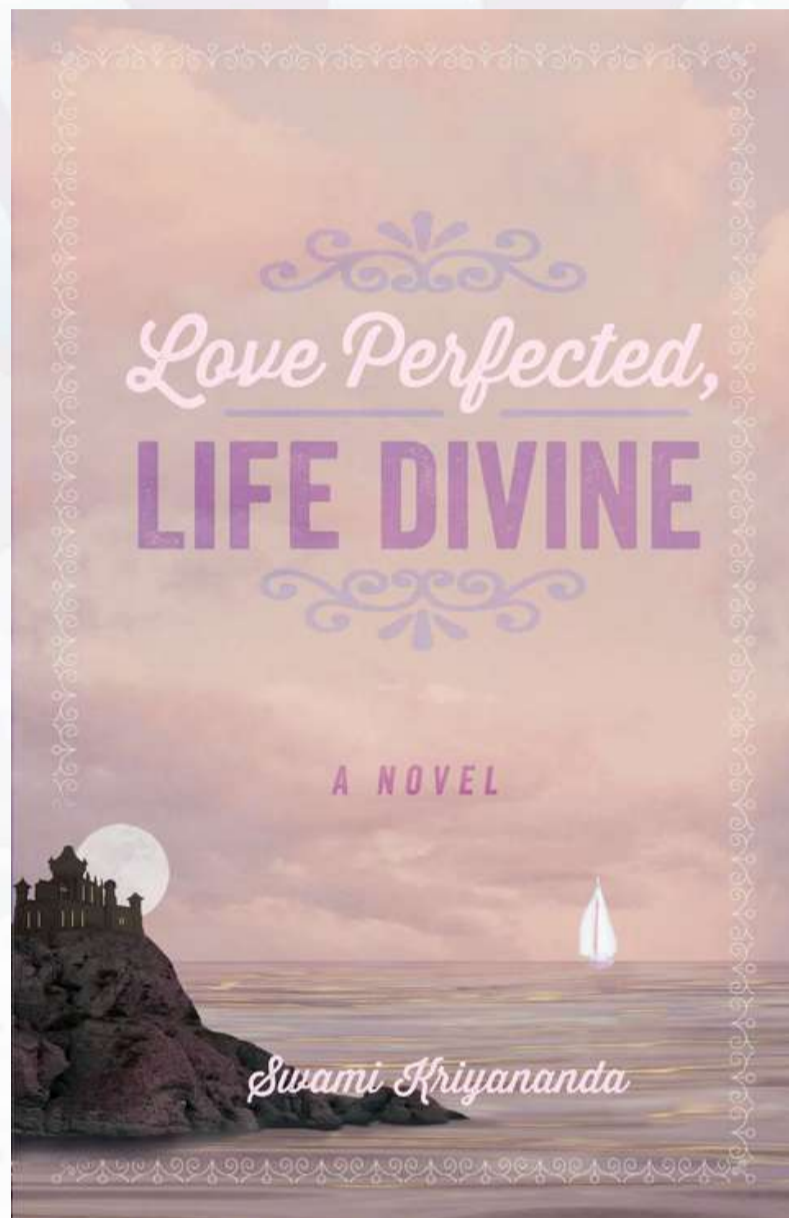


We plan to organise a pilgrimage to Babaji's Cave in April 2024. For more details on that and other pilgrimages, please [signup for our newsletter](#) and visit [anandapilgrimages.org](http://anandapilgrimages.org).

# BOOKS WE LOVE

## Love Perfected, Life Divine

*by Swami Kriyananda*

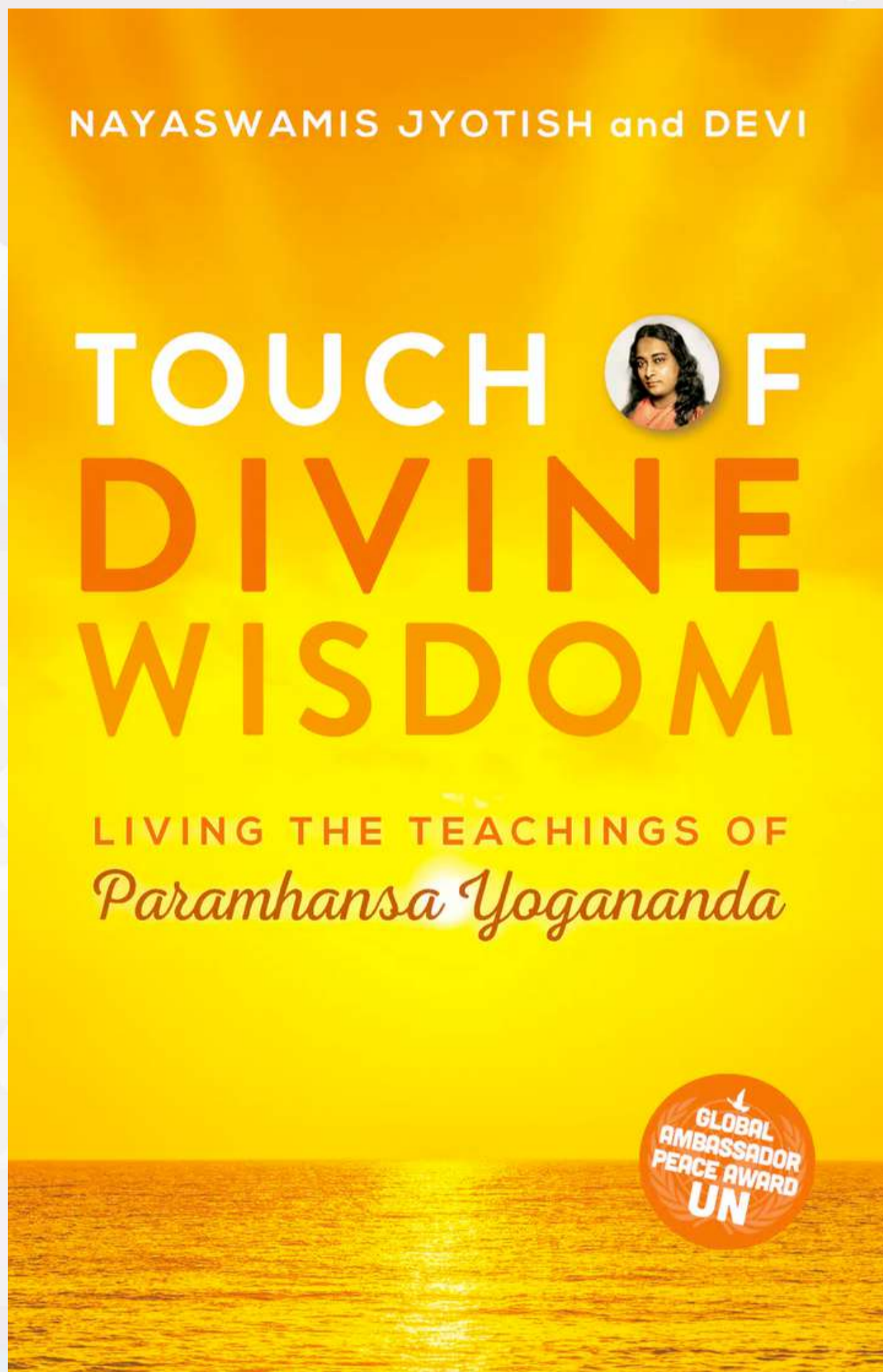


[GET YOUR COPY HERE](#)

Swami Kriyananda—direct disciple of the great world teacher, Paramhansa Yogananda—retells the dramatic story of a woman’s discovery of her twin soul—a discovery that propels her to undertake an arduous and perilous climb to the loftiest heights of spiritual awakening. Fueled by her love, the heroine must overcome harrowing challenges before she realizes the goal of her yearning in union with God. *Love Perfected, Life Divine* is a timeless tale that carries the reader to the heart of the inner quest.

# Touch of Divine Wisdom

by *Nayaswamis Jyotish & Devi*

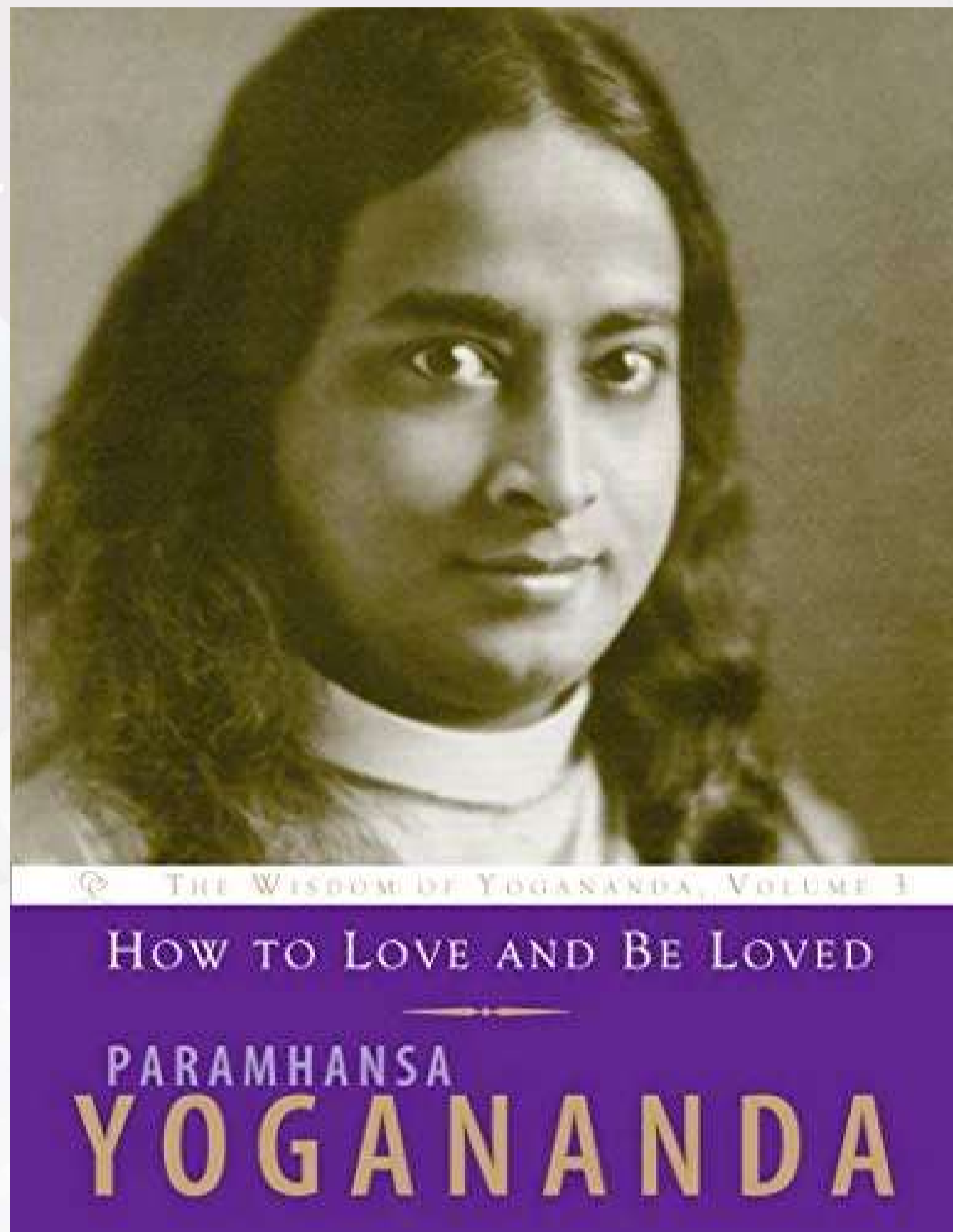


GET YOUR COPY HERE

This fifth installment in the Touch of Light series follows the authors as they share the wisdom they have gained through over fifty years on the spiritual path. They offer the keys to how to live a happy, fulfilled life — no matter the challenges swirling around us —through the ancient yogic teaching of Paramhansa Yogananda.

# How to Love & Be Loved

## Wisdom of Yogananda



[GET YOUR COPY HERE](#)

*“This is a mesmerizing book on love and divine friendship. It emphasizes that true friendship reflects the unity of Spirit. In friendship, “How can I serve my friend?” is the pertinent question to ask oneself. What I liked also about the book is the list of ideal behaviors for husband and wife to strengthen their marriage. Finally, it suggests the importance of harmony as the fertile soil where the flowers of true love blossom.” — Shruti Tantia*

# 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**





# FARTHER AWAY THAN THE STARS

*“When this song came to me, I visualized myself singing songs and inspiring audiences across America with the desire to know God. For years, however, I questioned whether it was my duty to do so—indeed, whether I should even sing these songs publicly at all. Gradually, however, over years, I became convinced of the importance of music to spiritual teaching. I have sometimes asked members of Ananda Sangha what it was that specially attracted them to us—that is to say, to my humble efforts at uplifting people through the teachings of my Guru. A majority have replied, ‘It was the music.’” — Swami Kriyananda*

## **Lyrics:**

I have a Love Who's far away, far away, far away;  
I have a Love Who's far away, farther away than the stars.  
And yet, She's stolen my heart away,  
Heart away! heart away;  
And yet, She's stolen my heart away,  
Farther away than the stars.  
Keep me not bound, no! teach me to fly,  
Far from earth's madness—free ere I die!  
Keep me not bound here, teach me to fly,  
Farther away than the stars.  
There's nothing here nearly so dear,  
Nearly so dear, nearly so dear.  
There's nothing here nearly so dear  
As Her laughter away in the stars.

[LISTEN TO IT HERE](#)

# DESSERT RECIPE FOR THE FESTIVE SEASON

## SWEET RICE PUDDING (PHIRNI)

Put 1 cup (250 ml cup) basmati rice in a medium-sized saucepan, together with:

- 90g raw cane sugar
- 50g raisins
- Pinch ginger powder or ½ tsp fresh ginger, cut into very small pieces
- ¾ tsp cardamom
- Pinch nutmeg
- ½ tsp cinnamon
- Pinch salt

Cover with just enough water to cover the rice, bring to a boil and then turn down the heat a little.

After a few minutes, add 200 ml milk and start stirring fairly often.

Wait until all the milk is absorbed and add another 200 ml of milk.

Keep adding milk, 200ml at a time, waiting until the previous amount has been absorbed. You will probably add about 1 liter of milk in total.

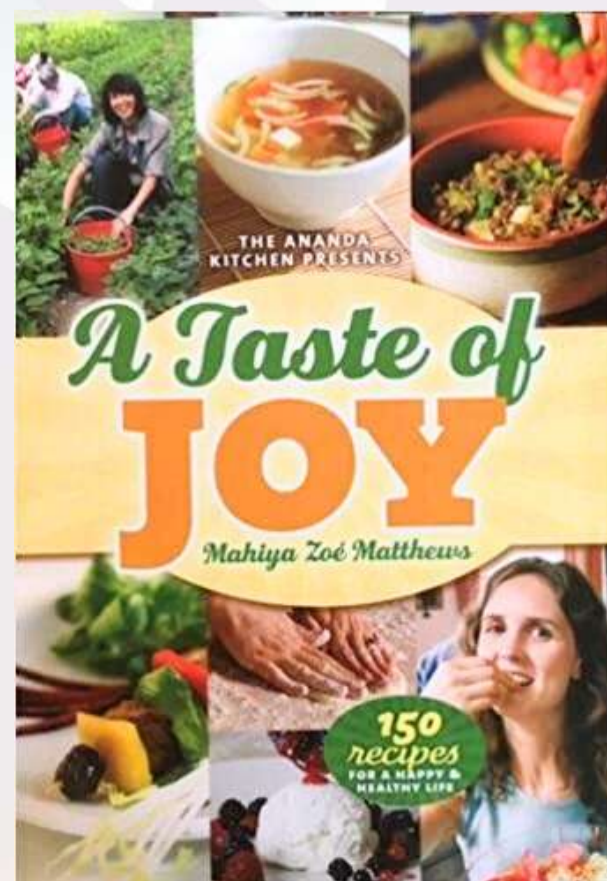
Turn off the heat and stir in: 1 ½ tsp lemon zest (use organic lemons).

~ From

**"A Taste of Joy"**

by Mahiya Zoé Matthews

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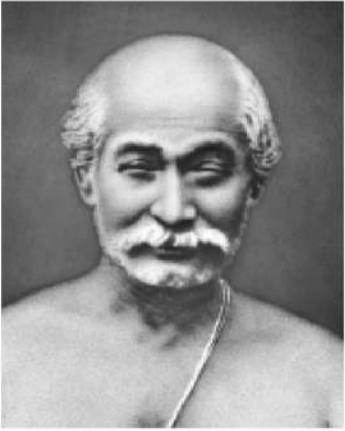
# "COMPLAIN FAST" SPIRITUAL CHALLENGE!

Swami Kriyananda, in his book *Living Wisely,* *Living Well* writes, “Never complain, no matter what you have to endure.” He further adds, “Whatever you get in life, accept it with good cheer. Remember, all this is a show—a cosmic dream; a drama. To your deeper Self, life here on earth has no reality.”

As a spiritual experiment, let us challenge ourselves and make a resolve to not complain about anything for two hours every day. Gradually, the pernicious habit of complaining will leave you, opening doors of willingness, joy, and inner peace.

If you cannot resist complaining, offer it up to Divine Mother, and laugh with Her at the entertaining nature of this cosmic dream. Watch also [this video](#) where Swami Kriyananda shares how one can overcome complaining.





# THE BLISSFUL YOGI STORE



[blissfullyogistore.com](http://blissfullyogistore.com)

*This issue was made possible by the joyful service of Biswajit, Nayantara, Neha, Pradnya, Shruti, Deepika 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.

**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 I LIVE!**

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