



Divine Mother

Issue 5, 2014

May is Divine Mother's month of bountiful abundance, and here at the Ashram She is everywhere - in the blue haze of forget-me-nots, the fragrant magnolia blossoms and the bright yellow, red and dual-toned tulips. May announces change as Swami Radhananda, after twenty-one years, passes the Ashram presidency to Swami Lalitananda. Sweet and fleeting, May is powered by a force of Karma Yogis planting gardens, clearing bush, mowing lawns, cleaning rooms, washing dishes - dedicated worker bees finding sweetness through serving Her selflessly.

Where can you find Divine Mother? Where does She hide? How do you seek Her?

[Stilling the Mind](#): What is the mind? What are its tendencies? How can it be directed? You will learn various practices - including visualization, breathing techniques, concentration and reflection - to help you understand different levels of mind and to approach the mind's expansive potential.

May 30 - June 1

[Who Am I? - Self-Image & Identification](#): In the Self-Image workshop you



will explore how you see yourself through written reflections and video recordings. You then deepen your investigation in the Identification workshop with the question, "Who am I?" which opens the doors of inquiry and breaks limiting concepts.

June 6 - 11

[Taste of the Ashram](#): A short day program that gives a taste of this special community. Join us for a yoga class, lunch and guided tour of the grounds, including an overview of our environmental initiatives and gardens.

June 7

[Life Seals](#): NEW DATE ADDED! Gain perspective on your life. In Life Seals you create symbols that allow the unconscious to come forward, revealing patterns, life lessons and the potential for change. Life Seals can open doors of awareness and help you understand yourself and your direction in life. Couples are welcome!

June 11 - 13

[Body as a Temple](#): In this program, you will listen to your body's messages through the Hidden Language Hatha Yoga, practice devotional movement through sacred dance (no dance experience is needed), and absorb the healing benefits of deep relaxation. Let these sustaining practices nourish you.

June 13 - 18

[10 Days of Yoga](#): One of our most popular programs for students of all levels, this course offers traditional yogic practices combined with original courses Swami Radha created for personal development. Give yourself ten days to expand your understanding of who you are and who you want to be.

June 19 - 29

[Personal Retreats](#) and [Artist and Professional Renewal Retreats](#) are available year round at the Ashram - take time to renew spiritually and creatively.

Visit our [2014](#) program calendar.

TIMELESS BOOK
OF THE MONTH

Divine Mother Flows
Swami Radhananda, Temple of Divine Light, 1998



The Rose Ceremony
Swami Sivananda Radha

"The Rose Ceremony presents an opportunity to free yourself from the chain of attachment that is forged through resentment toward another. Yoga is the path of liberation, and it's a glorious path for anyone who understands what is required to be free."
(p 70)

www.timeless.org



RECIPE

[Pasta Primavera with Nettle Sauce](#)



Swami Radhananda joyously conveys different aspects of Divine Mother, such as Saraswati, the flow of wisdom within, and Mary, the mother who cares for her spiritual child. She describes a personal experience of desperately asking Divine Mother what to do. Find out how Tara answered!

[View the video](#)

Ashram Presidency



Swami Radhananda:

As I got older I could see the time was coming to take another step. It's not that I'm stepping out; I'm stepping up. I was waiting for the Ashram to be ready for the change, and that time has come. The Ashram is in very good shape, intent on doing what this place is



[Make this photo my desktop image](#)



made for - to find out about ourselves and to help other people. People are staying for long periods, learning and helping through their many different skills.

And I see Lalitananda's commitment in being the one to carry on. Lalitananda's time with Swami Radha was very deep and she can bring forward what she learned. I know she can do it. And I'll be right here, which is what Swami Radha said to me - if I made the promise and kept the promise, she would be here and it would work. The Light is the path. Stay on the path of Light.

This was a ring that Swami Radha wore that is filled with her vision, her bhakti and her caring. I would like to put it on her finger. So she is the president. She can do it.

Swami Lalitananda:

Yes, and I can't do it alone, which is why we're all here!

This ring is very special to me, reminding me of Swami Radha and her commitment to the Divine. When she passed away I made a promise to myself that I would always follow her until I met her again. So being here in her Temple and receiving her ring is almost unbelievable. It is like an initiation, a step of learning that will unfold over time. What it means to me right now is to work together, to keep going, to love the Light and teachings and pass them on.

I'm very grateful to Swami Radhananda and I know that she will continue giving initiations and being the spiritual director. We're in partnership. I'm helping with the Ashram and she's helping on the next level.

Swami Radhananda did so much to create the openness that is present in the Ashram today. Her enthusiasm helped draw together dynamic, skilled people and inspired many to deepen their commitment. I am grateful for the harmonious legacy she is leaving.

It is an honour and a privilege. Thank you all for your support.

Annual General Meeting
Thursday, May 1, 2014



The combined AGM of the Yasodhara Ashram Society, the Friends of Radha Foundation and the Association for the Development of Human Potential took place on Thursday, May 1st.

This is a year of major transitions. Swami Radhananda, president of the Ashram since 1993, "stepped up" rather than down from this position. Her contribution includes opening the Ashram to young people, increasing community involvement and revamping programs to be more learner-oriented. Her deep love of the teachings and Swami Radha powered her presidency. Swami Lalitananda accepted the appointment as the new Ashram president with a Board consisting of Alicia Pace, Vice-President; Swami Samayananda Secretary-Treasurer; Rebecca Dale, Director of Operations Finance; and Paris Marshall, Director of Community Engagement.

Highlights from 2013, the Ashram's 50th celebration year, include launching three new websites, a full Family Week, joyful celebrations, generous donations, and more people coming for Karma Yoga and staying longer. Future directions include improving financial sustainability, developing the internship program, increasing renewable resource solutions (such as photovoltaics), expanding outreach programs and unifying the organizations.

Bhakti (aka Elizabeth Quinn) said she appreciates "the commitment to Yasodhara Yoga teachers and the efforts made to integrate teachers within the Yasodhara Ashram umbrella." Marlene Roza added, "I value the potential for future growth spearheaded by the next generation of leaders, while the teachers and sanyasins continue to hold the wisdom of the teachings."

Members will receive more detailed minutes soon. Annual fees of \$25 are now due, payable by cheque or credit card.

Donate to A Solar Powered Ashram



A SOLAR POWERED YASODHARA ASHRAM DONATE TO 365 DAYS OF ENERGY

As Yasodhara Ashram enters its 51st year, we are continuing our commitment to a truly sustainable future by implementing innovative renewable and sustainable energy solutions. Energy resiliency is a prime concern to the Ashram and all who live on the East Shore of Kootenay Lake - a remote area on the power grid vulnerable to frequent power outages.

Solar energy is an infinitely renewable energy resource. Photovoltaic (PV) panels convert daylight into electricity that is then stored in batteries. This power provides energy resiliency and emergency preparedness for the Ashram during extreme weather emergencies and when the grid power is out. It also contributes to reduced utility costs through rebates from FortisBC.

With [your help](#) the Ashram will take its first step with Photovoltaics.

WE NEED YOUR HELP
TO BRING THIS PILOT SOLAR PROJECT TO LIFE
OUR GOAL IS \$40,000

[Join us.](#) Be a part of our solar powered, Ashram by contributing to the purchase and installation of PV panels. Please [donate](#) to our Solar Power Initiative.

Together, we can be sustained by light!

Yasodhara Yoga Outreach Update



Yasodhara Yoga

OUTREACH



This spring, Yasodhara Ashram teachers have offered workshops in Spokane, Williams Lake, Cranbrook, Vancouver, Calgary, and upcoming in Nanaimo.

Workshops are often filled to capacity, such as the recent Calgary Life Seals that had 26 students led by Swami Matananda with help from the Calgary teachers taking the course.

Plans are nearly complete for the Eastern fall tour with Swami Samayananda and Matananda travelling to Halifax, Montreal, Ottawa and Toronto for workshops, as well as a weekend retreat at the Ecology Centre in Southern Ontario.

Check the [Yasodhara Yoga Outreach](#) page on yasodhara.org or yasodharayoga.org for updates and details. Stay connected to your network of Light.

It's Not Just a Workshop, It's My Life
Clint Evangelista



A business professional from Calgary, Clint recently participated in the Power Pack, which includes Life Seals and Straight Walk, two of Swami Radha's most powerful self-development workshops. Clint shares his experience.

I feel held by the wisdom of the teachers here and find myself experiencing new and deeper insights through the simple yet subtle and profound practices. The honesty and courage of my fellow workshop participants is inspiring and nurturing. Coming into the workshop with a "learner mind" - acknowledging that I don't know everything - opens a door to awareness and non-judgment for me to understand the bumps in life.

The Ashram is physically a large area with over 100 acres of land, yet nothing is very far and there are many quiet spots to sit and reflect. The rhythm and flow of the Ashram offer a perspective that applies to my life as well. No matter how much is happening in my life, there is room for me to create a quiet moment, to reflect and to understand. All I have to do is listen and observe to understand where I am.

This is more than a workshop for me. It is a process of integrating the practices and the learning into my life - knowing that I can choose to accept all parts of me.

Learn more about [Power Pack: Life Seals and Straight Walk](#).

Parvati Now Available



The newly renovated cottage, Parvati, is available for reservations in June. A quiet and beautiful space designed for retreats or for families, Parvati offers a magnificent view of Kootenay Lake and surrounding mountains. One of the original buildings on the estate, the historic cottage now features two and a half baths, three bedrooms, a kitchenette, and a comfortable living/dining area. Guests can choose a one-bedroom/private bath option or the two-bedroom, kitchen/living room, bathroom option. The entire space can also be rented.

Yasodhara Ashram offers retreats for those who would like to be here working on artistic, personal or professional projects. This is a unique opportunity to experience the support of community, while maintaining a sense of privacy and the focus your work requires. [Read comments](#) shared by previous Artistic and Professional Retreat Guests on their experience, and view examples of their work.

Learn more about the range of accommodations available for Artistic and Professional Retreats and [contact Registrations](#) to discuss your needs.

NEWS AT A GLANCE

Help Save the Agricultural Land Reserve - As a community, we are strongly committed to sourcing our food locally because local food reduces our carbon footprint, strengthens regional economies, builds communities and just tastes better. Proposed amendments to BC's Bill 24 threaten the very farmland we've come to depend on. Help bring awareness to these proposed changes before Bill 24 is passed. [Learn](#) how you can help.

Taste of the Ashram Returns! - Friends, neighbours and travellers are invited to register for a short day program that gives a taste of this special community. The first Saturday of each month - June through September - people can [join us](#) for a yoga class, lunch and guided tour of the

grounds, including an overview of our environmental initiatives and gardens.

The Mishras - Join us on Saturday, May 31st, for the Mishras return to the Temple of Divine Light. Three generations of master musicians from Benares, an ancient spiritual centre of traditional music and Indian culture, will be offering classical North Indian ragas and meditative music in a sitar and tabla concert. Learn more [here](#).

Welcome New Yasodhara Yoga Hatha Teachers - Recently eleven new Hatha Yoga Teachers completed the Hatha Yoga Teacher Certification. Our new teachers join the [worldwide network](#) of Yasodhara Yoga teachers offering classes in their local communities. Read about [Dan Seguin's](#) experience.

Facebook Photo Albums - Visit the Ashram's [Facebook page](#) to view photo albums from recent events: Baby Chicks Arrive, Easter Weekend, Rose Ceremony - parts 1 & 2, and Earth Hour.

PERSONAL PRACTICE GUIDE



"Divine Mother"

Reflection Questions

The theme for May is "Divine Mother." Divine Mother is She whose manifestations are countless and whose worship is the total acceptance of all creation. In the beautiful month of May, when the world blossoms with fresh inspiration, we celebrate Her. This month the yoginis of [Yasodhara Yoga Calgary](#) offer their reflections for your benefit.

Video

Swami Radha relates her personal experience with Divine Mother exploring Her existence through manifestation.

▶ Watch the video

Audio

Sit back, balance your breath, relax and listen to Swami Radha recite some of her poetic words to Divine Mother - opening the door to the heart.

🔊 Listen to the audio

1. "Divine Mother uses whatever means, joyful or painful, to teach" (Swami Radhananda). Can you see how Divine Mother is encouraging and supporting you through the events of each day - painful or joyful? How have Her lessons blossomed in your life? How have Her lessons transformed your life?
2. "For your own life to bloom, a decisive action of clipping back is often required. Well-pruned trees stand like joyful dancers, their branches free and open to the Light and air" (p 169-170 *Living the Practice*, Swami Radhananda). What concepts can I clip away? What is no longer important in my life? Use the tree pose or a dance to explore.
3. "Ave Maria, the Hail Mary, is the worship of the mother, the love aspect of the Divine. This brings out the noblest feelings in the human being." (p. 70, *Mantras, Words of Power*, Swami

Radha.) What noble feelings do you want to cultivate? What ideals would you like to see blossoming in your life? Commit to chanting Ave Maria for the month of May and dedicate the chanting to those whom you wish to bless.

For more Teaching and Reflection ideas, [click here](#).



Yasodhara Ashram
Box 9 Kootenay Bay, B.C.
V0B 1X0 Canada

phone: (250)-227-9224
fax: (250)-227-9494

yasodhara.org

NEWSLETTER ARCHIVE

