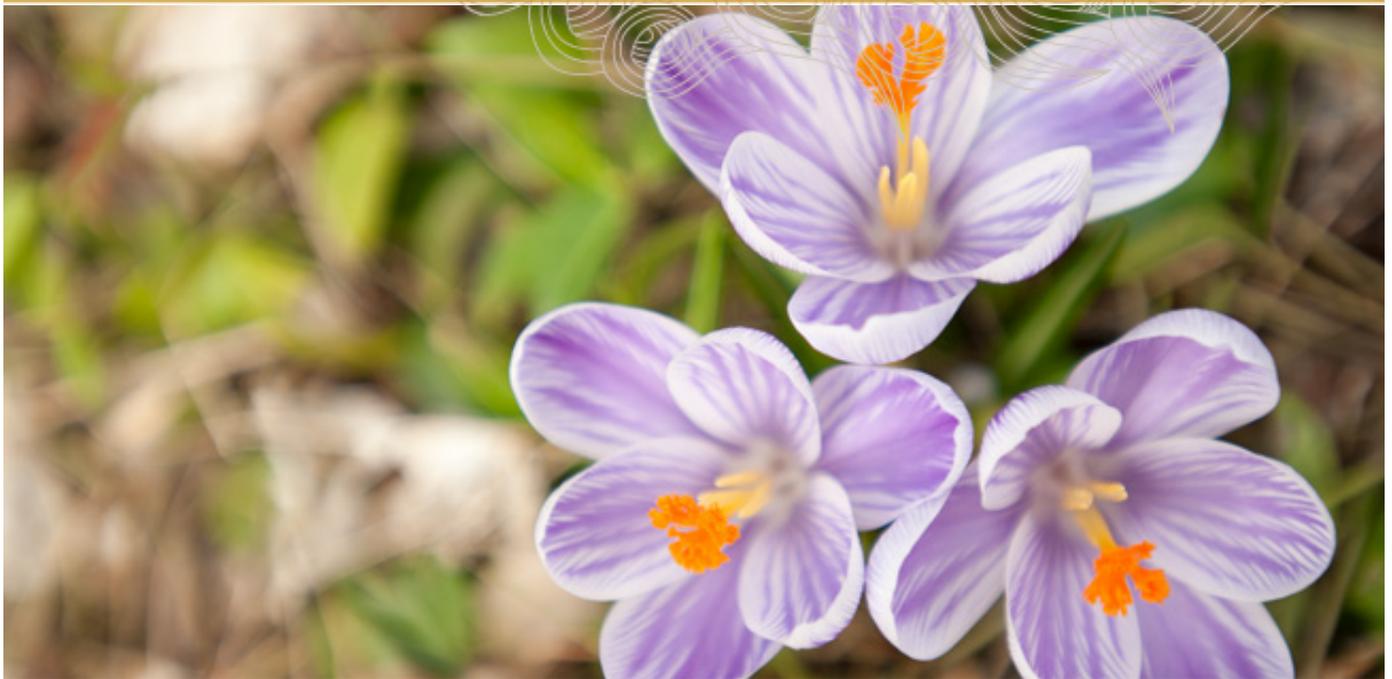


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Yasodhara Ashram
YOGA RETREAT & STUDY CENTRE

CELEBRATING
50
YEARS
1963-2013

SEEDS - MARCH NEWSLETTER



Long lighter days, crocuses bursting forth and early seeds being planted - spring! This generative season is full of potential, and here at the Ashram we celebrate Swami Radha's birthday and the first day of spring together on March 20th. We anticipate Easter with the mystery of chocolate eggs hidden in the forest, and the garden blessed with Light, gratitude and hope for the harvest.

As spring returns, ask yourself: What is ready to flower in me? What ground do I cultivate and what seeds will I plant in my mind and heart? What is already contained within me, just waiting to emerge?

-
- [Power Pack: Life Seals and Straight Walk](#): This special five-day program gives you the opportunity to gain perspective on your life through two of Swami

UPCOMING ASHRAM COURSES



Radha's most powerful self-development workshops.

May 3 - 8

- [10 Days of Yoga](#): One of our most popular programs for students of all levels, this course is designed to offer practices that support your personal and spiritual development. Instruction is given in a variety of 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.

May 16 - 26

- [Calling to the Divine: Music & Consciousness, Sacred Dance & Mantra](#): This five-day program taps into the devotional nature of the heart through music, sound and dance. Music & Consciousness is an original workshop developed by Swami Radha to awaken inner knowledge through the power of sound. This series offers a pathway to the Divine through creative expression.

May 17 - 22

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

[Visit our 2013 program calendar](#)

Featured Book



Radha: Diary of a Woman's Search

by Swami Sivananda Radha

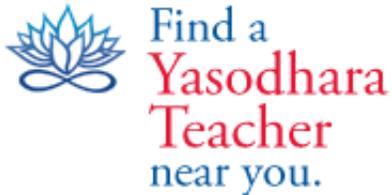
www.timeless.org

Resurrection and Higher Consciousness *Swami Radha, Satsang - Easter 1994*



As Easter draws near, Swami Radha responds to the question, "How can we resurrect ourselves?"

[Watch the video](#)



Radha Vancouver - new sprouts Swami Lalitananda



March Recipe:
[Raw Chocolate Truffles](#)



"Notes are very good, but you must learn to listen with the heart, listen with intuition."

Swami Sivananda Radha
Radha: Diary of a Woman's Search

Radha Vancouver opened enthusiastically in 2004 at 728 Main Street; this location recently closed and I was pleased to be there to witness the change. Many friends gathered together to say goodbye to the old brick building that had created such a special space for young people to grow in yoga and social values, work and spirituality.

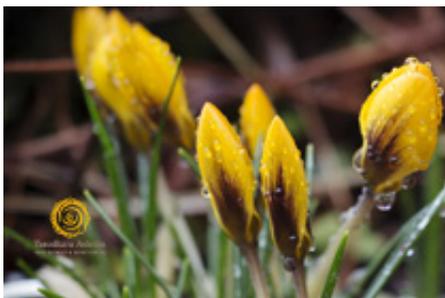
At Satsang we exchanged the large Tara and Kuan Yin for smaller ones, who are now watching over Radha's new home at Emma Pang's work/live space. I greeted the goddesses in their beautiful new room with a Hidden Language class later in the week. Focusing on the Little Bridge, the stream of teachings seemed to flow effortlessly from the old space to the new.



Many blessings on Radha Vancouver's new beginnings! May all who come blossom in the Light!

For info on the new location visit [Radha Vancouver's website](#).

[Click here](#) to see a retrospective video of 728 Main Street



**Desktop Photo
of the Month**

Refresh and Renew - ResortSuite

[Make this photo my desktop image](#)



ResortSuite, the second milestone in the Refresh and Renew initiative is soon to be launched. While our first milestone - the website launch - has an outward focus, our second milestone is completely inward looking and invisible to our students and guests.

Daniel Séguin, ResortSuite team member, tells us: "The focus of the Refresh and Renew initiative is to create a greater connectivity and access to information for all those drawn to the Ashram. This new system provides the internal, administrative aspect of this objective. The upcoming launch of ResortSuite provides us with an integrated guest registration system as well a point-of-sale system. This year long process has taken us on a review of our historical data and learning from past bumps in the road, to an understanding of our needs based on the learning from past mistakes, and finally to a graceful transition as we 'relearn and refresh' our process."

Yasodhara Ashram Land Ethic



Swami Radha chose a location for the Ashram that would allow visitors to be in a quieter environment removed from the distractions of daily life. The Ashram Land Ethic was developed to clarify and articulate the relationship with the land she chose. The intention is a mature and evolving understanding of how the land serves the teachings that brought the Ashram here and how the land itself can be served.

The aim is to model how humans can live in ways that support all parts of the natural environment: people, animals, plants, water, soil and air. Respect for life, service and gratitude are explicitly stated ideals that guide actions. The commitment is to honour the sacred trust of this land and the sacred unity of life in a spirit of reverence and joy.

Read the [Yasodhara Ashram Land Ethic](#).

Young Adult Program (YAP) An Experience of Abundance and Meaning



At the Ashram we recognize that young people have a unique set of challenges and opportunities, energy and interests. Our intent is to provide a supportive environment and tools to help you explore your direction.

Ametisse Gover-Chamlou joined the Young Adult Program in October 2012 and extended her stay to participate in the three month Yoga Development Course. Eighteen year-old Ametisse speaks of her experience.

"When I graduated from high school I knew I wanted a gap year before applying to colleges. My peers were intensely and competitively focused on grades and college applications. But I had this inner knowing that there must be something more, something I had yet to discover.

"Through a series of incidents, I found the Ashram. Here I have found a new way of learning and working. It's not about recognition; it's about offering my work based on what I can do and what I know, within an environment of abundance and support. And it's not about the task and performance. The task is not separate from me; it is about me - how am I being during this task?

"I am discovering who I am and finding clues through my speech, my actions and my body. My awareness has grown and I have a new level of respect and kindness towards myself."

Interested in the Young Adult Program? [Learn more here.](#)

Since 1995, over 2,000 Young Adults, ages 18-30, have come to the Ashram to learn valuable work skills and to integrate yoga into their

lives through Karma Yoga opportunities. Your donation makes a difference. [Donate to the Young Adult Program here.](#)

50th Anniversary Dance and Music Activities



Throughout our 50th Anniversary year, we are inviting professional musicians and dancers to perform and also to teach their skills to those of us eager to learn.

We are delighted that [Anusha Fernando](#), a performer of Bharata Natyam (Indian dance) and the Artistic Director of Shakti Dance in Vancouver has agreed to offer a concert and to teach at the Ashram in May. And we are awaiting confirmation from the Mishras, the maestro sitar players from India, to return to the Ashram on their annual Canadian tour, also in May.

Look for the details in our next newsletter!

What is a Bhajan Blast?



This year to help celebrate our 50th Anniversary we have introduced a monthly Bhajan Blast. By live-streaming this musical event presented by our own "Elastic Band" and resident dancers, we invite you right into the Radha Room to join us.

Bhajans are devotional songs expressing love for the Divine. The Sanskrit word, *bhajan*, derives from *bhakti*, meaning the path of the heart. And a "blast" is a fun, enthusiastic gathering as well as a powerful electronic communication!

We also offer a sacred dance, keeping alive the tradition so cherished by Swami Radha. This month you can see the Gratitude Dance, which involves simple movements easy to learn along with us!

Mark Sunday, March 24th, 7 pm (PST), in your calendar and join us wherever you are. [View photos](#) from February's event or [watch](#) the broadcast and find instructions for how to join us [here](#).

News at a Glance

- **Earth Hour - Saturday, March 23rd 8:30 pm (no matter where you are in the world):** We're turning off the electric lighting on Saturday, March 23rd in recognition of [Earth Hour](#). And we're participating in the [Fortis BC Earth Hour Challenge](#) by conserving energy and increasing awareness of energy conservation. "Uniting the World to Protect the Planet" is a collective impact that takes us beyond the hour. [Find out more here](#) and decide on your own action. What will you do?
- **East Shore Hospice Workshop:** On Saturday, March 23 the East Shore Hospice is holding a workshop at the Ashram called "The Way We Roll - Living Through Grief and Loss." Hospice

volunteers and East Shore community members will gain a deeper understanding and acquire skills to navigate the final stage of life.

- **Easter Weekend, March 29 - April 1:** Why not spend a few days at the Ashram celebrating the arrival of spring? [Join us for the Easter weekend](#) and experience the renewal of retreat, reflection and working together. Enjoy the Garden Blessing and our traditional Easter egg hunt and hike to Easter Rock.
- **Early birds sign up for the 50th!** It is exciting to see the bookings coming in for our 50th Anniversary courses, retreats and celebrations. Our first sign-ups were Barbara Ross and her son Eli who are coming for the [50th Celebrations in August](#). Barbara was a neighbour of the Ashram years ago and Eli was born here. When they moved away, Eli came back as a teen for the Teen Retreat. Now in his thirties, he will be returning with his own family; we think he'll have plenty of stories to tell them! Planning to join us in our 50th Anniversary year? We look forward to hearing from you!
- **2nd Annual East Shore Seed Swap:** Paris Marshall Smith, the Ashram's Food Flow Manager, recently participated in the [East Shore Seed Swap](#). Local growers came together to share and swap seeds, talk about seed saving and food strengthening systems. The Bean Savers were present distributing heritage bean seeds to preserve and protect the varieties of beans available. And children made 'seed bombs' -- bundles of soil containing easy-to-grow seeds like cosmos, sunflowers and beans. Look for seed bombs to land in local fields and rooftops!
- **2013 Brochures** Thank you to everyone who offered to distribute [Ashram brochures](#). Over 5,100 brochures have been sent out for distribution all over the world. We're grateful for your help in creating awareness of the Ashram and the teachings. Let us know if you need more or if you would like to help in your area. Contact [Swami Samayananda](#) with your mailing address and quantities. Thank you!

CELEBRATING 50 YEARS

March's theme is **Devotion**.



Historical Moment: The Ashram's Beach Prayer Room

On December 16, 1965, the front page of the Nelson Daily News featured a large photograph of Swami Radha chanting mantras in the Ashram's peaceful sunlit prayer room. The article explained that no matter what your religion, prayers and devotion can "combine in a common offering of praise."

From the beginning, devotion was a key element at the Ashram. Satsangs were first held in Main House, but when the first money was donated by an English couple in 1964, Swami

Radha asked that the Beach Prayer Room be built. She felt that a prayer room was a higher priority than even her own accommodation. Not only did she initiate the project, but she herself nailed down the floorboards, putting her devotion into action.



This month's teaching theme is Devotion

With gratitude and enthusiasm we move into the third month of 2013. We're celebrating March with the theme of Devotion, connecting to the Light within and to the greater Yasodhara community.

"Devotion" is the theme for this month.

Click [here](#) for ideas on how to encourage devotion through a variety of practices. View Swami Radhananda's video about using the keys Divine Mother has handed us to open the doors of our spiritual home. Listen to Swami Radha discussing the Divine Mother of the Universe Prayer. Or explore our teaching suggestions to cultivate an attitude of devotion.



March Art Project: Likhita Japa - The Written Mantra as Devotional Practice

Use your creative gifts and the written version of repeating mantra to access "peace, poise and strength within!"

Lynn Fairey, a long-time resident and teacher, has practiced Likhita Japa since the early 1980's. "... The repetition connects me with the vibration of the mantra and it becomes very meditative. The interaction I experience when I sit with my developing Likhita is a devotional practice for me..."

Read the [full text](#) of Lynn's experience and directions for creating your Likhita Japa practice.



CELEBRATING 50 YEARS 1963-2013	Box 9 Kootenay Bay British Columbia Canada V0B 1X0 (250) 227-9224 (800) 661-8711 yasodhara.org
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