Namaste. Welcome to the Autumn edition of The Lotus quarterly newsletter. As I sit here to write, it is hard to believe that already two months of 2012 have slipped by. It just seems like yesterday that Christmas was upon us. Why is it, that the older we get, the faster time seems to go by? Even our eleven year old son, Ananda has made this observation!

There are all sorts of theories in response to why time appears to be speeding up, ranging from scientific explanations to Mayan Calendar predictions.

It has even been suggested that this awareness has to do with the concept of relativity. For example, when a year goes by for a three year old child, it is one-fourth of the time lived in comparison to the length of it's lifetime, whereas when a year goes by for a 60 year old person, it is 1/60th of the time lived.

Therefore, as we age and grow older, a year seems to pass more quickly in comparison to the length of our lifetime. It appears to go faster because we are comparing it to something that is a basic part of our existence.

Whatever the reason, the reality is that we only have the current moment. So let's make the most of the now and forget about trying to explain why time seems to speed up, the older we get. To the enlightened Yogi time is irrelevant!

Contributions to The Lotus newsletter are more than welcome. If you'd like to submit an article on the benefits of yoga or another yoga topic of your choice, please let me know in advance of the following submission deadlines:
14 May 2012       June 2012 newsletter
14 August 2012     Sept 2012 newsletter

Please note that the contents of The Lotus do not necessarily reflect the views of the Editor or The Lotus Yoga Centre.
Tapas

“Through austerity, on account of the dwindling of impurity, perfection of the body and the sense-organs is gained.”

Yoga Sutra 2.43

Editor’s Note – Tapas is the third of the five niyamas or personal observances. The niyamas form the second limb of the eight limbs of yoga, as codified by Patanjali in the Yoga Sutras.

An overview of the niyamas and the eight limbs of yoga can be found in the article entitled ‘The Yamas and Niyamas’ published in the March 2010 edition of The Lotus newsletter.

Tapas is often translated as Discipline or Austerity

It stems from the verb root tap, meaning to “burn, blaze or consume by heat”. Tapas literally means to “purify through heating”, “just as intense heat is used to burn away dross in a nugget of gold”.

Dr. Ananda Balayogi Bhavanani says in his book Understanding the Yoga Darshan that “The heat of tapa, intense disciplined self-effort, destroys all impurities resulting in the mastery as well as the perfection of the physical body (kaya) and the sensory apparatus ensconced within. Indiscipline makes us a slave to the body and senses, whereas self-discipline enables us to become their master.”

The Bhagavad Gita lists tapas as being of three types:

- **Tapas of the body (kayika)**
  “Purity (cleanliness), honesty, simplicity, continence and non-violence are considered the austerity of the body.” 17:14

- **Tapas of speech (vachika)**
  “To speak words that are truthful, kind and helpful, that cause no resentment, and to regularly study the scriptures, are called the austerity of speech.” 17:15

- **Tapas of the mind (manasika)**
  “Calmness, kindness, silence, self-control and purity of thought are called austerity of mind.” 17:16

“Without tapas, yoga is not possible”

“Na atapasvino yogah”

**Tapas advocate “The Middle Way”, nothing to extreme.**

Sri Krishna reveals in the Bhagavad Gita that we must find a balance between indulgence and abstinence. He says:

“Arjuna, those who eat too much or eat too little, who sleep too much or too little do not find success in yoga.” 6:16

“Those that are regulated and balanced in eating, sleeping, work and recreation find an end to sorrow through yoga.” 6:17

We can work on tapas of the body by including a regular practice of asanas and pranayama in our daily routine. Asanas and pranayama burn away toxins and strengthen the body for higher practices. The action of rising from bed in the morning to practise, even when the body and...
mind are unwilling is tapas. One must cultivate self-control and willpower to get up, no matter what. Exerting tapas requires effort and in the beginning some resistance can be expected, but pursue we must if we are to evolve and make progress on the spiritual path.

It is human nature to procrastinate and we are very good at finding 'every excuse in the book' as to why not to do something, especially if it is difficult or unpleasant. We would rather appease the senses with that, that is pleasurable.

As Dr. Ananda says “Tapas is the discipline of one's own self, developing the capability to do the most difficult things, to push beyond one's limits. We must set and reset the limits on a continuous basis. This is tapa manifested as an external discipline”. Ref: Understanding the Yoga Darshan

Wynni Nguyen, student of the Yoga Sadhana and Teacher Training Course at ICYER 2009-2010 says in her assignment on Tapas that she likes to “believe discipline is related to what Ammaji (Meenakshi Devi Bhavanani) has said many times in Satsangha - it is ‘choosing to do what is right, whether it is difficult or whether one feels like it or not.” For no other reason than it’s the right thing to do, it is our Dharma (duty)”.

Meenakshi speaks of tapas in the editorial she wrote for the Yoga Life monthly journal, Vol 38, October 2007 entitled “When Daily Life Becomes Sadhana and Tapasya”. She quotes Dr. Swami Gitananda Giri:

“Your daily life is your Tapasya.”

“Working out our Karma according to our Dharma is the greatest Tapasya, purifier and strengthener.

One can never attain Santhosam, contentment, if one does not fulfill Dharma and burn out Karma.

Without Santhosam, how can there be “Yoga Chitta Vritti” or the “stilling of the whirlpools of the mind”.

Meenakshi concludes the article with these reflections:

“Tapasya is living our daily life with cheerfulness and skill, constantly aware of our own thoughts, words and actions (Swadhyaya) and accepting all events and people and situations as coming to us from the will of the Divine, (Ishwara Pranidhana).”

“Daily life is nothing but Patanjali’s Kriya Yoga (Tapasya, Swadhyaya and Ishwara Pranidhana) and the great Rishi 2500 years ago promised, “Perfection in Kriya Yoga produces Samadhi. We do not need to go to a cave. We live in a cave. That cave is in the middle of our own forehead, the field of conscious awareness. It is there Moksha is to be found and no place other!”

Editor's Note – Tapas is the third article in a series of five articles on each of the niyamas.

Articles published to date are:

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The schedule for publication of the remaining niyamas is:

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A Personal Evaluation on Tapas

Editor's Note – Most Lotus readers will be aware that the Centre's resident yoga teacher, Cathryn Doornekamp is currently participating in the Yoga: Step-by-Step Correspondence course with Ananda Ashram, Pondicherry, South India.

Cathryn had the good fortune of attending a ten-day intensive course in yoga sadhana at Ananda Ashram in August, 2011 and plans to go back for further yoga studies.

The following article is the response Cathryn gave to lesson 7 of the Yoga: Step-by-Step course when evaluating herself on Tapas.

I have come to recognise tapas as being the 'fiery' will that propels us forward with our Yoga practices and Sadhana. Abhyasa is an essential component of tapas. Some days I find it is easier to restrain the animal instinct that is so firmly embedded within to roam about constantly. While staying at the Ashram it was easy to show up at a certain time for practices as there were very little distractions. In the home environment, there are so many tasks vying for attention that when I come to do my morning practice, some days I have to be very strong to ignore them until my practice is done.

I read somewhere that the mind can be as 'Wild as a Horse'. Dr. Swami Gitananda outlines some very useful techniques in lesson 4, of Yoga: Step-by-Step which I find helpful when my mind roams. In particular watching the breath itself on the inhalation and exhalation as Swamiji describes, is very calming for the mind. This seems to effectively 'tame the wild horse' bringing about a sense of 'being at ease'.

I have noticed that when I do not exert tapas, spiritual growth wanes......the fire goes out so to speak. Fire purifies, burning away all that is not real, so the Real can become our Reality. Abhyasa is so important, that constant repetition that keeps tapas alive.....the fire burning within.

Whether I feel like it or not, I know I must front up each morning, day in and day out to practice. The 3 R's, Repetition, Regularity and Rhythm (known as abhyasa) form the 'Bedrock of Yoga'.

Repetition over a long period of time is necessary to ingrain something into one's character, until it becomes 'second nature'.

Regularity implies carrying out an action on a regular basis whether it be 'everyday', 'every week', 'every full moon', 'every sunrise' or 'every sunset'. Doing so consistently without fail, brings about transformation and change.

Rhythm creates the momentum to carry one forward with little effort.

The Five Bodies of Man

In Yoga, man is recognised as being not one, but five distinct bodies – the Pancha Kosha.

The concept of the koshas is described at length in the Taittiriya Upanishad, an ancient yoga text. Pancha means five and the Sanskrit word kosha means bag, sheath or layer.

The Pancha Kosha are five concentric sheaths or energy fields.

Dr. Ananda Balayogi Bhavanani describes the *Pancha Koshas* beautifully in his article 'Yoga as a Therapy-2: The Yogic Structural Systems'.

He says the *Pancha Koshas* can be understood as follows:

"**Annamaya Kosha** is the physical sheath or anatomical level of our existence. This is created and sustained by food (*Annam*) and in turn nourishes microbes that live off us in our bowels and on our skin and mucosal lining."

"**Pranamaya Kosha** is the vital energy sheath that creates our physiological existence. It is the aspect that gives our very cells life and enables us to live in a healthy manner with all our physiological mechanisms working to perfection."

"**Manomaya Kosha** is the mind sheath or psychological aspect of our existence that is the function of mind. We live in mind and our brain is but the best piece of equipment to receive and transmit the signals of mind."

"**Vignanamaya Kosha**, the sheath of the intellect is the level of higher mind existence where we are truly humane. It is the link with inner wisdom where mere knowledge of the mind transforms into wisdom."

"**Anandamaya Kosha** is the sheath of eternal bliss and is our link with universal existence where we are 'all-one'. We can attune to this level by performing actions without ego in *Karma Yoga.*"

Yogacharini Meenakshi Devi Bhavanani speaks of the *Pancha Kosha* in an article that appeared in the September 2011, 'Yoga Life' monthly journal entitled 'In the Blink of an eye you have missed seeing'.

She says “A perfectly balanced *Yogi* will have all the bodies fully activated and the five bodies will be perfectly aligned and harmonious with one another.”

"Such a *yogi* will move smoothly through life. Everything he needs will come without effort to him. Doors open automatically. Everything goes 'right' for him because he is in harmony with the Cosmos and with himself. But someone whose life is 'out of joint' who lacks harmony and equanimity will experience that the five bodies are maligned, they are not harmonious with each other. This disharmony is called *Nara*. It may be caused by poor nutrition, lack of water, lack of sleep, poor living habits, wrong thinking, emotional indulgence, indiscipline, lack of awareness."

She further says “For a person with *Nara*, Murphy's Law and Fetridge's Law will always apply. Nothing will ever go right for such a person. They will always “miss the boat” or “miss the bus”. They have *Nara* They will hit their heads on door jams. They will fall into open manholes, they will be filled with hatred for everything. Such a person will also be accident prone. They usually are emotionally ill as well. *Nara* occurs when the *Pancha Kosha* are maligned."

The article concludes on a positive note by saying “Swami Gitananda said that the cure of *Nara* is basically through *Swadhyaya*, constant self awareness and strong *Pranayama Sadhana*. *Vibhaya Pranayama*, Sectional Breathing and *Mahat Yoga Pranayama*, Complete Lobular Breathing are helpful in overcoming *Nara*. The use of Polarity *Kriyas*, such as *Aloma-Viloma* and *Anu-Loma-Viloma* are also useful.”
News from the Centre

The Centre's resident teachers report that the classes were well attended during the Christmas 2011/New Year 2012 period. Holiday makers in the area even dropped by as casual attendees.

While Yoga is a “Way of Life” for Cathryn and Eric Doornekamp, they did manage to sneak away on the public holidays to visit family in the Central North Island. The highlight for Cathryn was practising yoga early on New Year’s morning with her brother, in the natural elements outside on the deck of his country home. It took her right back to her stay in Ananda Ashram, South India last year where she also practiced yoga outdoors. The whole session was done to the accompaniment of ‘mooing’ from the neighbouring cows, a far cry from the cacophony of crows on the Ashram Rooftop in India!

And to digress, Mother Nature left a wake of destruction in her path on the front lawn of the Centre on the morn of 29th November 2011, the day after the December newsletter went to print! Half of the big old Mulberry tree fell to the ground during strong winds. The bushy top miraculously landed just within the confines of the grass lawn, so cars were still able to park comfortably on the driveway.

Some people were so intent on getting to classes that they didn't notice the tree was down until when they left to go home after the relaxation!

We would like to take this opportunity to thank Scott Parker for cutting up the broken limb.

And speaking of nature, the pond behind the Centre was a spectacular sight for Christmas. It was coated with a red coloured algae that looked just like a velvet carpet. How deceptive. In fact, Ananda and his friend tested the carpet of red with a stick, with the thought in mind to step out and walk across it. However, much to their disappointment the stick sunk!

Helping Hands

Cathryn and Eric Doornekamp would like to acknowledge the many ‘helping hands' that go on behind the scenes at the Centre in the nature of Karma Yoga.

Anthony Britton for his expert help with computer matters.

Diane Evans for persisting with weeding the oxalis from the garden inside the front gate.

Rosalind Derby, a willing gardener.

Graeme Richardson and Bruce McKnight for trimming back the bush alongside the path leading to the Sanctuary.

Graeme Richardson for mowing lawns, gardening and clearing old sleepers and logs from in front of the woodshed.

Help in the garden is always more than welcome. If you would like to be of service in this way, please contact Eric or Cathryn.
Back by Popular Demand

The Amrita Cookbook is a must for all who enjoy vegetarian cuisine. The recipes contained within the pages of this book featured on the menu of the Amrita Restaurant, one of the first Vegetarian restaurants in Wellington.

The Amrita Restaurant was affiliated to The Lotus Yoga Centre when it was situated in Cuba Mall in the nineteen-eighties and proved to be a favourite 'eating and meeting' place.

To date over 20,000 copies of the Amrita Cookbook have been sold. This popular book is available for purchase from the Centre.

Cost $18.00.
Members of the Centre receive a 10 % discount.

Testimonials:
The Amrita Cookbook is a simple to use recipe book. It lists few ingredients and the dishes are quick to prepare. It is for every day use with no expensive ingredients.

The Amrita Cookbook is for everyone who wants to spend little time cooking but still likes to have a tasty and nutritious meal.

Upcoming Courses and Events

Meditation Course
Regular 4 week introductory block courses in meditation are held on Thursday evenings 7.30 p.m. - 9.00 p.m. at The Lotus Yoga Centre with facilitator Eric Doornekamp.

Cost $45.00  Repeat $30.00

The aim of the course is to reduce stress and achieve peace of mind, increasing energy levels. Prior enrolments are essential.

Course starting dates:
5 April 2012, 3 May 2012, 7 June 2012

Bhajan and Mantra
sessions are held in the sanctuary behind the Centre. Everyone is welcome.

For more information please contact Cathryn Doornekamp

Available from the Centre

Organic Produce

Surplus organic produce from the orchard and vegetable garden is available by gold coin donation. There is plenty of red silverbeet available on request.
Reiki Healing

with Graeme Richardson
Level 2 Reiki Practitioner
Member of Reiki NZ

Reiki is a wholistic form of healing that enhances physical, mental, emotional and spiritual well-being. It utilises the presence of the universal life-force energy to support the body's self-healing ability. The recipient draws on this energy as needed, taking an active part in the healing process.

A deep sense of relaxation, inner peace, increased vitality and improved sleep patterns are amongst the benefits reported. Stress, tension and worry are alleviated. Reiki also assists in the relief of physical pain or discomfort caused by injury, illness or disease and speeds up recovery after surgery.

Graeme is available by appointment on Wednesday and Thursday afternoons during term time and most afternoons during the school holidays.

Cost
$40.00 – 40 minute session
$160.00 – Five session concession

For more information or to make a booking please contact Cathryn Doornekamp.

Massage

Eric Doornekamp has 40 years experience in massage. Swedish massage involves deep tissue therapy to relieve stress and Oriental massage on pressure points stimulates the flow of qi or energy in the meridians. The benefits are well documented such as soothing nerves and relaxing sore muscles, increasing circulation.

Cost
$30.00 – ½ hour $45.00 – 1 hour

Back/Neck/Shoulder Therapy

Eric has 40 years experience in treating backs, necks and shoulders. Muscular and skeletal structures are examined and massage is applied to loosen up tight muscles and to relax the body. Gentle manipulation is applied to free up the neck, spine, and limbs to realign immobile joints. Specific programmes including flexibility and strengthening exercises are suggested to improve fitness.

Cost
Initial consultation $45.00 – ½ hour
Subsequent consultations $40.00 – ½ hour

To make an appointment please contact Cathryn or Eric Doornekamp.
Naturopathy/Iridology

Eric Doornekamp is a natural therapist with 35 years experience as an alternative health practitioner. His motto is "Nature Cures".

The aim is to draw on the curative powers inherent in each person. Using a holistic approach, Eric assists in this process by prescribing a health regime, such as detoxification programmes with herbs. Vitamins and minerals are used as complimentary medicine. Iridology may be used as a form of diagnosis.

Iridology looks at health patterns in the eyes. It is frequently used to examine a person's status of well-being. Abnormal markings in texture and colour of the iris may reveal the physical – mental state of the body. It is a useful tool in the preliminary diagnosis of an illness before there is a serious breakdown in health. A free ten-minute assessment is available by appointment.

Cost
Initial consultation $45.00 – 1 hour
Subsequent consultations $30.00 – ½ hour
To make an appointment with Eric please contact Cathryn or Eric Doornekamp.

Supplements

Malcolm Harker's Herbal Remedies and Lifestream Spirulina tablets and powder are available on request.
Practitioner range supplements are available by appointment.

Books

The following books published by the Centre are available for purchase:

- **Amrita Cookbook**  
  Melanie Walker - $18.00

- **Recipes from the Farmyard**  
  Bruce Collins - $10.00

- **Nectar of the Lotus**  
  Eric Doornekamp - $5.00

- **Be fit with Yoga**  
  Eric Doornekamp - $5.00

- **Relax with Yoga**  
  Eric Doornekamp - $9.00

- **Yoga Humour**  
  Eric Doornekamp - $9.00

Full Members receive a 10% discount on books and supplements

Vouchers

Purchase your loved ones a voucher for that extra special occasion.

Massage, Reiki, Yoga, Taichi Qigong vouchers are available from the Centre.
**Membership Renewal**

Memberships are due for renewal on the 1 April 2012. We welcome your ongoing support.

**Members of The Lotus Yoga Centre are entitled to:**

- The Lotus Newsletter: Quarterly: March, June, September, December
- Reduced fees on yoga and taichi cards *
- 10% discount on books and supplements *
- A discount on the Classic Yoga Course Fees*  
  (* Full Members of the Lotus Yoga Centre)

Please assist the treasurer by sending in renewals A.S.A.P to save on reminder notices. Kindly cut out and complete the enclosed form and indicate whether you'd like to receive future copies of The Lotus Newsletter by email.

Payments for Membership may be made by cash, cheque or directly to The Lotus Yoga Centre's bank account:

Westpac, Paraparaumu 03 0732 0237548 00

Please be sure to state your name and put 'Membership' in the Particulars column.

**Building Fund**

You may like to consider making a donation to the building fund when renewing your Membership. The main building of the Centre is in need of significant repairs. Donations over $5.00 are tax deductible. All contributions will be greatly appreciated.