Editorial by Cathryn Doornekamp

Namaste. Welcome to the Autumn edition of The Lotus newsletter. As another Summer draws to a close, we welcome the change of season. So much has transpired since the release of the last newsletter.

The official opening of the newly constructed pathway to the Sanctuary was observed on the summer solstice, 21st December 2014, when 21 kindred souls met on the front lawn of Whare-Ora, in readiness for the celebrations. Details of this colourful event can be found on page 5.

2015 is shaping up to be a year of transformation. The Centre now has a Facebook presence and the next step is to upgrade our website. We are truly blessed to have such an energetic committee of dedicated members who are committed to working together in the best interests of the Centre.

The recent installation of a solar panel, has proved a real asset to the Sanctuary. Attendees to the meditation/chanting sessions on Thursday evenings have been enjoying the ambience of the soft LED lighting.

The Sanctuary lends itself well to the practice of taichi qigong, and over the summer months many of the classes have been held in the wooden octagonal-shaped building behind the Centre. The panoramic native bush views from the windows are pleasing to the eye and the melody of birdsong is soothing to the ears.

Now that the Sanctuary is so much more accessible and being put to good use, plans are in place for the construction of a carpark to service both the Sanctuary and the Centre.

A Pledge Me crowd funding campaign is due to be launched soon, to raise funds to realise this project and to cover the shortfall in costs of constructing the Sanctuary path. Local builder, John Wraight very kindly put his time and wages on deferral, so that the path could be built. Through previous funding we were able to raise enough to cover all the base materials, and now we would like to reimburse John for his many hours of long hard work and love that has gone into the construction of the pathway. Details for this campaign will be issued in a separate news release.

Featured in this edition of The Lotus newsletter, are three articles written by Eric Doornekamp, the Centre’s Founding-Director.

Upcoming events of interest, may be a Gong Sound Immersion Concert on Saturday 11th April, a Meditation Course starting on Thursday 7th May and a Body, Mind and Soul Retreat on 7th June. Please refer to pages 8 and 9 for more details.

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Where has Eric gone?
By the Founding-Director, Eric Doornekamp

Let me introduce myself to all the students who have joined the Centre over the last few months. You may not have met me for the reason that I spent several months in hospital after major back surgery, followed by a lengthy recuperation.

The seasons have come and gone so quickly. From the cottage where I am residing I have a wonderful view of the surrounding lawns and trees. The birds keep me company and sing from dawn till dusk.

Lots of visitors have called in to say “Hello” and enquire after my health. I didn't know that I had so many friends!

At present a stroller, made of a metal frame enables me to get across from the cottage to the Centre. My next aim is to walk to the Sanctuary.

My partner, Cathryn, assisted by a capable Committee has kept the Centre going. We received generous support from many yogis overseas. All donations are gratefully acknowledged.

For this issue of The Lotus I have written an article about Karma Yoga. It mentions some other branches of yoga as well.

May we follow in the steps of those great yogis who have chosen one of those paths.

Introduction to Yoga Sadhana

Editor’s note - The following excerpt is taken from Yoga Sadhana (June 2002), the first of a series of publications written by Eric Doornekamp.

The word yoga comes from the Sanskrit root yuj, “to join or yoke” It is well known, though less clearly understood. Most people think of yoga as a form of physical exercise but it is much more than that. It applies to “union or conjunction”.

Yoga denotes spiritual, mental, and physical disciplines. There are several yoga paths to achieve those aims. All yoga paths are linked together. They assist the sadhaka or yoga practitioner to achieve Self-Realization, Oneness with the Absolute, Moksha or total liberation from all fetters of existence, Being and non-Being in space and time.

The meaning of the word sadhana may require an explanation. It refers to the “means of Realization” or the “Spiritual Path”. We are inherently free but do not know it. In order to realize this freedom we need to cultivate Self-Knowledge and develop an attitude of dispassion.

Here freedom refers to overcoming the restrictions of bondage to mundane matters. Instead we understand our TRUE identity. Conditional existence is governed by cause and effect. The ego or personality goes through endless cycles of birth and death. Yet the Atman or the Universal Self enjoys eternal life.

Once the yogi has achieved this Divine status, his or her true Nature is recognised. Reality becomes the Absolute, expressed in yoga as Tat Tvam Asi or “That Thou art”.

In simple language yoga sadhana can overcome false perceptions to be replaced with insight, allowing the Self to express the Self. The practice of yoga is to conquer the restless mind, enabling it to unite with the Absolute.

Karma Yoga
By Eric Doornekamp

Introduction
One of the most misunderstood concepts in the English language is the meaning of karma. The word is often translated as 'bad luck'. Occasionally, this may be so but let me assure you that it certainly is not always true.
In everyday life *karma* is often referred to as ‘fate’. There is not much a person thinks he or she can do to change the outcome of a situation. Such a yogi accepts the situation without making an effort to turn things around in a positive way.

Some believe that cause and effect are set in concrete. Thus whatever the yogi “sows is what he or she reaps”. It is inevitable that every action has a definite reaction.

A fatalistic approach is based on the principle that if something has any chance of going wrong it usually will. Pessimists frequently bring inevitable misfortune upon themselves.

Yoga *Sadhakas* recognize several branches of yoga. The yogi is often drawn to follow a particular path. Branch or path mean the same in this context.

The major ones can be classified as follows:

- **Raja Yoga** or the Royal Path
- **Jnana Yoga** or the Path of Wisdom
- **Bhakti Yoga** or the Path of Love
- **Karma Yoga** or the Path of Service
- **Hatha Yoga** or Physical Well-being
- **Laya Yoga** or the Path of Kundalini
- **Mantra Yoga** or the Yoga of Sound
- **Yantra Yoga** or the Yoga of Symbolism

The list of Yoga Paths is not by any means complete. It is often stated that the yogi should choose his or own evolutionary path towards Self-realization.

### Three types of Action in Karma Yoga

Let me start by explaining that the word *karma* refers to the Sanskrit verb ‘*kri*’ or 'to act'. The reader will recognize ‘to create' or 'creation'. (Compare this with 'cre' or 'kri'). Consider the actor or the doer who performs the action. It relates to the ego, regarded as the personality. This is the illusionary self as opposed to the Transcendental Self.

1. Actions according to tradition “because they are the right thing to do”. A person who performs the actions is free from attachments.
2. Actions which are driven by the ego or the self. They are performed for the sake of sensory pleasures.
3. Actions which lack moral or spiritual disciplines. The person acts on selfish motives without regard for other beings.

The highest kind of actions are those actions dedicated to the Lord (or the Creator). The person does not expect any rewards. The yogi's heart is forever filled with gratitude.

### Karma and Rebirth

Some yoga aspirants think of *karma* as a form of punishment. We live and die, either finishing up in heaven or in hell. In fact they believe that we may have lived before or will end in some place in the hereafter.

In fact *karma* has its own momentum:

1. We spend time in some place and wait till the appropriate moment when we are born again.
2. We are allowed a chance to complete the tasks we had no time for doing. Thus we are reborn.
3. We have an opportunity to fulfil tasks now for which we will be making time in the near future.

The philosophers believe that it is the wheel of *karma* which propels us through life. We live to complete our desires and are bound by them. Becoming free can only be possible if we drop those desires.

The universe is also subject to desires which creates 'wants and haves'. Those temporary conditions are known as *maya* or illusions.
More Thoughts on Karma Yoga

Here I want to expand further on this branch of Yoga. It will fit in well with the concepts of those practitioners who consider themselves as 'doers' in life.

Right action demands right thought. That entails clarity of mental attitude. A muddled mind leads to confusion and conflict. In turn this leads to errors of judgement.

If the beginning is good, the end result will also be good. It is regarded a universal law. Karma Yoga has many such laws and I will give some more examples later on. Right now “As above, so below” is one of them.

Laws are not necessarily set in stone. They vary with place and time. Take expectations for example. Our intentions may be pure but circumstances can and will change. This is the flow of life which shows impermanence. Experience tells us that our thoughts vary according to mental perceptions.

Everything responds to previous actions (or inactions). 'It's the putting right that counts'. Watch what you are doing or have left undone. It can be observed that karma follows the yogi day and night till such time the laws have been fulfilled.

Remember also that nothing is permanent. Change is the rule of life and is part of maya or illusion. What we do see is balance and everything is constantly in a state of flux.

Attachment to our deeds, whether good or bad, is subject to karma. If it is good we want to hang onto it. It will come to an end sooner or later. Equally, if something is bad we will want to drop it. In each case the results are the same. Attachment of any kind, good or bad curtails our freedom.

Actions carried out in the true spirit of Karma Yoga are done as a meditation and liberate the practitioner. He or she acts as a channel for the Divine Power which flows eternally.

By performing Karma Yoga our true Self is realised through good actions and is curtailed by bad actions.

Many Karma Yogis act out of a belief that work involves a sense of duty. Although right action is important, such as adherence to the yamas and niyamas (universal and personal observations), there is more to it than doing the right thing out of obligation.

The true yogi acts out of love rather than mere obligation. Whatever he or she does is not just a job. It is undertaken as a form of worship to the Creator. That's why we can say Karma Yoga and Bhakti Yoga have much in common.

At the risk of dividing Karma Yoga, which I want to avoid, let's compare some of its closest branches.

Karma Yoga shows in our deeds. It should be noticed in all our actions.

Bhakti Yoga is reflected as devotion. Love shows in all the works we perform.

Jnana Yoga is concerned with wisdom. It is also found in the other branches of yoga.

Students of yoga philosophy or religion may want to pursue these three yogas by reading the Bhagavad Gita.

True Karma Yogis devote all their actions to the Lord. For Lord you may read God or the Creator.

A few paragraphs back I referred to the concept of maya and said that it was often translated as
illusion. It would be more accurate to say that it means ‘wrong view’.

Speaking in a philosophical sense avidya or ignorance is more correct. Nescience of reality is often used. Misconception of the truth is also fitting.

Spiritual understanding is based on a clear conception of Brahman or the all pervading eternal Absolute. In physical terminology everything changes all the time, so therefore it lacks a permanent structure.

A simple example may be helpful. We make plans but they often change. Be careful what you choose. Remember, “man proposes but God disposes”.

**Applicable sayings in Karma Yoga**

I promised you some more quotes so here is the first one:

*Treat others as you would like them to treat you*

How about the next one relating to actions:

*We may know people by the fruit of their behaviour*

Here is a quote from the Bible:

*Whatever a man soweth, that he shall reap*

I like the next quote in particular:

*Watch your thoughts, they become words*
*Watch your words, they become actions*
*Watch your actions, they become habits*
*Watch your habits, they become character*
*Watch your character, it becomes destiny*

No doubt there exist many more quotes showing equal great wisdom. If I have been able to imbue you with a sense of insight into *Karma Yoga* then I will be well rewarded. But I am not expecting any ‘thanks’ as such. You may just want to pass it on.

**Opening of the Sanctuary Pathway**

The 21st December 2014 marked a very important milestone in the history of the Lotus Yoga Centre.

Members and friends of the Centre gathered that evening at 7.00 pm to attend the official opening and blessing of the newly created pathway leading around the pond to the Sanctuary, the spiritual base of the Centre's activities.

The Centre's Founding-Director, Eric Doornekamp had the honour of cutting the red ribbon at the gateway entrance to the path.

Special thanks were given to John Wraight for the design of the pathway, and to Yolanda Price and Matt Crombie, who worked alongside John constructing the path.

Those in attendance proceeded to circumambulate the pathway surrounding the pond three times in silence.
A candlelight procession was followed by a meditation in the Sanctuary, and the evening concluded with a shared supper in the Centre. A great time was had by all.

This was the third of three auspicious events held at the Centre on the Summer solstice in recent years.

Members and friends met on 21st December 1999 for the grand opening of the Sanctuary. Highlights included a candle procession and circumambulation three times clockwise around the deck surrounding the Sanctuary.

The area where the Sanctuary is situated was named Ananda Loka (a “Place of Bliss”) on the 21st December 2012. The ceremony involved the sprinkling of water by a procession of people who circumambulated the area in a clockwise manner.

About the Sanctuary

The Sanctuary is situated on a “power point” behind the Lotus Yoga Centre.

The site for the Sanctuary was chosen according to the confluence of powerful ley lines. The energies are strongly aligned with Kapiti Island and the ranges on the Eastern side of the Sanctuary site.

The octagonal wooden building has a glass pyramid roof, conducive to healing energies.

The seven windows are the different colours of the rainbow. Each colour relates to a particular healing ray.

The tranquil setting at the edge of a pond is ideal for those who seek inner peace and quietness to meditate.
News from the Centre
The Centre has literally been a thriving hive of activity during recent months. We are fortunate to have the support of those who volunteer their time with a myriad of tasks around the Centre, including qualified people who donate their services to the Centre conducting therapies and facilitating workshops and courses.

Special thanks is due to Anthony Britton who held a very successful Yoga for Sports People course at the Centre in the weeks leading up to Christmas 2014. Anthony Britton is currently enrolled in year eight of the Centre's advanced Classic Yoga Course and has just returned home from attending a yoga workshop in Australia to extend his teaching skills.

Ros Annala, Licensed Unity Teacher and Master Prosperity Teacher deserves special mention for facilitating a Prosperity Workshop at the Centre late last year and a Prosperity Vision Board Workshop in February this year.

2015 got off to a good start with an Open Day held at the Centre on Saturday 21st February. The yoga and tai chi qigong classes were literally overflowing with newcomers!

The introduction of a Body, Mind and Soul Retreat on 15th March was a great success. Three more such retreats are planned this year. Geared for all levels of experience, the morning session was comprised of yoga, breathing and relaxation, while the afternoon session incorporated a walking meditation around the pond, followed by a seated meditation in the Sanctuary.

In Loving Memory of Kurma
Kurma, the red-necked tortoise, who has occupied the fish tank at the entrance to the hallway of Whare-Ora since March 2007 is sadly no more.

Her passing over was witnessed by the Centre's resident yoga teacher, Cathryn Doornekamp and her son, Ananda at 11.30 pm on 21st December 2014. Kurma peacefully took her last breath before their very eyes and looked at them as if to say, “My time on this earthly plane is up”.

Kurma's departing can be seen as a joyous exit, magnificently timed to coincide with the summer solstice celebrations that had taken place at the Centre only hours before.

Movie Fundraisers
The response to our movie fundraiser, The Second Best Exotic Marigold Hotel held on 18th March 2015 was truly overwhelming. A big thank you is due to those who supported the Centre with this fundraiser.

Spot seat prizes were generously donated by Leigh Cook (Reiki voucher), Jill Newman (Bowen Therapy voucher and Therapeutic Massage voucher), Dianne Davie (Reflexology voucher), Reece Baker (Apheleia natural skincare products), Lotus Yoga Centre (Yoga voucher x 4 classes and Taichi Qigong voucher x 4 classes), Shoreline Cinema (Movie vouchers x 2).

After expenses the Centre made $400.00 profit from sales of tickets. We are now looking forward to our next movie fundraiser, Woman In Gold screening at 6.15 pm on 15th April at Shoreline Cinema.
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 continuing to provide expert help with computer matters.

Linda Beagle for laundering the yoga sheets.

Valerie Andrews for her editing skills.

Jill Newman for dusting and cleaning the Sanctuary and Centre. The windows in the yoga room and Sanctuary have never looked better!

Ralph Wallace for removing dead wood from neighbouring trees along the fence line.

Yvonne Oliver, Valerie Andrews, Reece Baker, Patricia Batt, and Brian Elsmore for their help with tending and weeding the gardens.

Bruce McKnight for chainsawing trees and firewood, and Graeme Richardson for lending a helping hand.

Please accept our apologies if we've omitted your name from the list of acknowledgements. Your help was appreciated and did not go unnoticed at the time.

Help in the garden is always more than welcome. If you'd like to be of service in this way, please contact Eric or Cathryn.

Upcoming Events and Courses

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.

Course starting dates:

2nd April, 7th May, 4th June 2015

The aim of the Meditation Course is to reduce stress and achieve peace of mind, increasing energy levels.

You will learn that by controlling your breathing and becoming more aware of your habit patterns, you have the key to liberation.

Cost $45.00  Repeats $30.00

Prior enrolments are essential.

Meditation/Chanting

Facilitator, Cathryn Doornekamp warmly invites everyone to attend a series of meditation/chanting sessions in the Sanctuary on Thursday evenings: 7.30 – 8.30 pm.

The schedule of meetings for the months of April 2015 and May 2015 is:

Thursday 9th and 16th April
Thursday 23rd and 30th April
Thursday 7th and 14th May
Thursday 21st and 28th May

7.20 pm: Meet in front of the Lotus Yoga Centre to walk as a group to the Sanctuary.

Please bring a torch.

It is advisable to wear walking shoes as the return loop of the Sanctuary path is a bush track.

You may like to bring a shawl/blanket and cushion for sitting on.

Attendance is by koha

Proceeds go towards the Sanctuary upkeep.

All are welcome, so please spread the word.
Gong Sound Immersion Concert
With Tibetan Singing Bowls, Crystal Singing Bowls and Gongs

Saturday 11th April 2015
3.00 pm – 4.00 pm
Tickets: $20 prepaid
Please bring a blanket and mat.

Experience the relaxing sounds of Tibetan and crystal alchemy bowls. Powerful overtones of the gong will help balance and harmonize your body, mind and spirit. Mariana will be playing a combination of sounds to inspire your senses, and take you on an inner journey to access and shine forth the light and love that you are.

Mariana Vetterli has studied massage therapy and complementary natural therapies in Switzerland and has been working with health professionals in this field for over 25 years. She has extensive knowledge in the studies of the Human Energy Field, Energy Therapies and in the area of holistic and complementary health care. Mariana is now travelling the country facilitating group gong sound sessions, private sessions and workshops.

Enquiries & Bookings to Cathryn Doornekamp at the Centre on 04 298 8258 or contact Mariana Vetterli 021 209 3921

Body, Mind and Soul Retreat
Facilitated by Cathryn Doornekamp
IYTA trained Yoga Teacher

Venue: The Lotus Yoga Centre, 91 Ruapehu Street, Paraparaumu

Sunday 7th June 2015, 10.00 am – 3.00 pm

Treat yourself to a day of Yoga, Breathing, Relaxation and Meditation to nourish the body, mind and soul.

Suitable for all levels of experience

What to bring:
A vegetarian dish for a shared lunch, a blanket, cushion and yoga mat.

Cost: $45.00 prepaid
Early Bird $35.00 paid in full by 24 May 2015

To register or for more information please phone Cathryn Doornekamp on 04 298-8258 or email lotus.yoga.centre@paradise.net.nz
Products for Purchase

Organic Produce

Surplus organic produce from the orchard and vegetable garden is available by gold coin donation.

Supplements

Malcolm Harker's Herbal Remedies and Lifestream Spirulina tablets and powder are available on request.

Practitioner range supplements are available by appointment.

Full Members receive a 10% discount

Therapies by Appointment

Reiki

with Graeme Richardson

Level 3 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 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 afternoons during term time and most afternoons during 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.

Books

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

Recipes from the Farmyard
Bruce Collins - $10.00

Be Fit with Yoga
Eric Doornekamp - $5.00

The Great NZ Walk - 9 Steps to Health
Eric Doornekamp - $5.00

Relax with Yoga
Eric Doornekamp - $10.00

Yoga Humour
Eric Doornekamp - $9.00

Full Members receive a 10% discount

Postage is extra
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 Iridology assessment is available by appointment.

Cost for Naturopathy/Iridology:
Initial consultation $45.00 – 1 hour
Subsequent consultations $30.00 – ½ hour

To make a booking with Eric Doornekamp please contact Cathryn Doornekamp.

Reflexology

with Dianne Davie
UK Qualified Reflexologist

Reflexology is a non-invasive treatment which is suitable for everyone.

It soothes the stresses and strains of everyday life, encouraging relaxation and a sense of well-being.

Reflexology works on the premise that the feet are a mirror of the human body.

The treatment involves applying pressure with the thumbs and fingers to reflex points located in the feet, thus bringing about relaxation in the corresponding organs of the body.

All systems of the body are balanced, leaving the recipient feeling relaxed, refreshed and restored.

Hand reflexology is an option if the feet are overly sensitive.

Dianne is available to see patients by appointment.

Cost
$40.00 – 40 minute session
$160.00 – Five session concession
Special offer $30.00 for a 30 minute session

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

Memberships are due for renewal on the 1 April 2015. 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 tai chi 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.

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**The Lotus Yoga Centre and Retreat Incorporated**

**Membership Renewal Form**

1 April 2015 – 31 March 2016

☐ Yes. I do wish to renew my Membership.

☐ Sorry. I am not renewing my Membership.

Name ..................................................
Address .............................................
................................................................
................................................................

Please tick Membership category

☐ Full Membership $40.00 per annum

☐ Associate Membership $30.00 per annum

I would also like to make a donation to the following project/s. Please indicate amount. (Donations over $5.00 are tax deductible)

Sanctuary funds .........................
Building repair funds .....................
General funds .........................
Publication funds .........................

☐ Yes. Please send a colour copy of *The Lotus Newsletter* to the following email address:
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