Editorial by Cathryn Doornekamp

Namaste. Welcome to the Spring edition of The Lotus newsletter. We are pleased to report that the Centre's Founding Director Eric Doornekamp is 'back on his feet'. He has resumed seeing clients for massage and back therapy, and is also available for iridology assessments and naturopathic consultations.

In recognition of Eric's amazing recovery we warmly invite everyone to attend a Thanksgiving celebration on Saturday 19th September at 2.00 pm, so be sure to mark this date on your calendar. Please refer to the attached flyer for more details.

Busy times lie ahead as the Centre is about to launch a crowd funding campaign for the future focus of the Centre. Our aim is to make the Sanctuary, the spiritual base of the Lotus Yoga Centre's activities, and the Centre itself more accessible to visitors and the wider community.

With the recent installation of solar powered lighting to the Sanctuary, opening it up for evening use and the addition of an easy access pathway leading to the Sanctuary, plans are in place for the construction of a carpark on the Eastern side of Whare Ora, to service both the Sanctuary and the Centre. Details for the PledgeMe campaign to raise the funds to realise this project and cover the shortfall in costs of constructing the Sanctuary pathway will be issued in a separate news release.

November 2015 marks an important milestone in the history of the Lotus Yoga Centre. A celebration will be held to acknowledge the Centre being 30 years in its present location. Invitations for this momentous occasion will be forthcoming.

The Centre is participating in the 2nd annual Wellington Free Yoga Day, to be observed on Labour day, Monday 26th October 2015. It will be an opportunity for newcomers to attend a free yoga class 10.00 - 11.00 am or 6.00 – 7.00 pm, so please share news of this event with your family and friends. The classes will be suitable for all ages and levels of experience.

Of interest in October, may be a Sacred Sound Healing Concert with Tibetan singing bowls, crystal singing bowls and gongs, and a Meditation and Relaxation Course with facilitator Eric Doornekamp. Please refer to pages 6 and 7 for more details. The September Body, Mind and Soul retreat is almost booked out, so due to popular demand we are offering another retreat on 29th November. See page 7 for more information.

Featured in this edition of The Lotus newsletter are two thought-provoking articles written by Eric Doornekamp, entitled Love in Action and Comments on 'Choices in Life'.

Table of Contents

Editorial by Cathryn Doornekamp………….1
Yogis on Sticks………………………………2
Society for Philosophy and Culture………2
Love in Action……………………………..3
Comments on 'Choices in Life'……………4
News from the Centre………………………5
Personalised Yoga Programmes……………5
Helping Hands……………………………..6
Upcoming Events and Courses……………..6
  Meditation Course……………………….6
  Meditation/Chanting……………………6
  Body, Mind and Soul Retreat……………7
  Sacred Sound Healing Concert………..7
Products for Purchase……………………8
Therapies by Appointment…………………..8
Yogis on Sticks

By Eric Doornekamp

You will remember how I underwent a back operation last year. Since then rehabilitation has been slow, even though I am making good progress. I have graduated from a walking frame to a pair of crutches. These I call 'my sticks'. They enable me (though with some effort) to walk from the cottage to the Yoga Centre. By now, I have progressed from crutches to a wooden walking stick. Cathryn, my partner, has been most supportive. She took all the yoga and taichi classes.

Everything seemed to be going well until one evening in July, Cathryn misjudged the bottom step when closing up the Centre. She sprained her left ankle rather badly and could not stand or walk on it. That must have felt quite painful.

Guess what? She borrowed “my sticks” to get from place to place. When teaching taichi qigong she sat up front in a chair. So by now the two of us were both physically impaired!

Maybe it was ill luck in the family. We just seemed to be having an unfortunate run of things. Run isn’t the right word for it because we could barely walk....

Fortunately, help was on hand. Selwyn Williams took some yoga classes, while Jill Newman demonstrated taichi qigong. Eric carried on with the Classic Yoga Course, while Cathryn held an open day for the public.

Last but not least Cathryn and I would like to thank you all. Know that we are grateful for your gestures of love and kindness. Hopefully we have not overlooked any dear friends or members. Your support has meant a lot to us – and continues to do so.

It is all very well talking about yoga and its philosophy but what matters is putting our words into action. That is karma yoga (deeds) and bhakti yoga (love).

Society for Philosophy and Culture

By Eric Doornekamp

The First International Interdisciplinary Conference “Mind, Body & Self” was held at Victoria University of Wellington on 24th—26th July 2015. An impressive range of scholars and participants, international and local, had been invited.

The Society’s first meeting was initiated by Professor Jay L. Shaw of the Philosophy Department. It would take me too long to mention all the distinguished lecturers and guests who attended. They represented a wide range of cultures, disciplines and philosophies.

Presentations included Vedanta, Yoga, Buddhism, Eastern and Western philosophies, and medical points of view. Sessions by Overseas speakers in Absentia were held via Skype.

I found it stimulating to listen to so many different points of view. Some animated discussions took place. The audience participated with great gusto and those in attendance did not always agree with each other. This meant that the debates often were highly entertaining.

I felt honoured to be invited to the Society for Philosophy and Culture. My presentation “Choices in Life.” was well received. The full article appeared in the June 2015 issue of The Lotus. Comments in follow-up to the presentation can be found on page 4 of the current Newsletter.
Love in Action

By Eric Doornekamp

In this article I want to peruse Bhakti Yoga and Karma Yoga. I would also like to cover Jnana Yoga as part of the summary.

Bhakti Yoga is the ‘Path’ (marga) to Love and Devotion. It is theistic in its approach, which means the worship of a Deity. This may be a personal or a Universal ‘Being’. The Bhagavad Gita or Song of the Lord is the holy scripture par excellence.

Followers of Bhakti Yoga love to chant, known as kirtana. It consists of the use of mantras. They seek union with the Divine in all its manifestations. Ista devata or murti (picture) of a Deity or Guru is often chosen by devotees.

Karma Yoga is the ‘Path’ of action and reaction. It explains the law of cause and effect. There must be a complete absence of attachment to the rewards or fruits of karma.

One's fate is dependant on the number of rebirths a person still has to pass through. Transcendental actions of an enlightening kind lead to moksha or freedom. Desires are of a bounding type.

Jnana Yoga is the ‘Path’ of Supreme Knowledge or True Wisdom. It represents the synthesis of the previous two Yogas.

Knowledge does depend on understanding. It surpasses information in a factual and worldly sense. Wisdom based on Understanding is Love. Such love is all inclusive and has no limitations. This is what we call Transcendental Reality, the Atman, the Absolute, the Higher Self.

In Jnana Yoga, Atman or the Absolute is Brahman. This Divine state of Consciousness is achievable in meditation.

There are many other ‘Pathways’ as well: Hatha Yoga (Physical). Raja Yoga or Ashtanga Yoga (Eightfold). Mantra Yoga (Sound). Kundalini Yoga or Laya Yoga (Energy). Yantra Yoga (Symbolism).

Sometimes it is said that Yogis are selfish. They only think of themselves and ignore the rest of humanity. They sit on their bum while others do all the work. Yet genuine meditators do not ignore their obligations to society.

I became aware of this while thinking of the many dedicated souls, who were involved in my recuperation while in hospital last year. The medical staff practised Bhakti Yoga, Karma Yoga, Jnana Yoga - each one helped in my well-being.

They didn’t call it yoga but their dedication was a form of bhakti or love.

Duty showed karma or skill in action of the highest order.

Knowledge or jnana resulted in the best professional treatment.

Altogether I liked to call it the “Triune Path of Yoga.”

The inspiration by each carer was driven by an integral aspect of living. Heart and head worked in unison. I think one word which adequately describes it, is Seva or Service.

Emotions and thoughts combined to act in preserving human life. Spirituality found a refuge in mediation, yoga, the Divine or whatever name you prefer to give it.

The Divine Father/Mother or Shiva/Shakti has always ruled the Universe. It includes everything, never excludes anything. It is the masculine/feminine principle in creation.

Service is somewhat of an old-fashioned word. Caring or helping others is more often used nowadays. In the broadest sense it covers several concepts. Here I will just mention music, art and nature.

Music is therapeutic if one appreciates it. The beauty in art is perceived by all who have eyes open to it. Nature is inspiring if we consider the view of mountains, the sea, the sky, the forests, and the countryside.

I have always believed that solitude is a great source of inspiration. That is why most yogis seek lonely places. When the still voice within can be heard, there is peace. To commune with the Creator comes easily.
Comments on 'Choices in Life'

By Eric Doornekamp

The following thoughts came to my mind after the presentation of “Choices in Life”. The topic is of great importance in my view.

Most of us do not have enough freedom to choose what appeals to us. The reasons are set out in this supplement.

It took some persuasion to present this paper at the Society for Philosophy and Culture. Mind, Body and Self lends itself to close scrutiny. Reece Baker, former Vice President of the Society, encouraged me to go ahead. So did Yolanda Price, a Member of The Lotus Yoga Centre. She read the contents of “Choices in Life” expertly.

There was a brief opportunity to ask more questions after the talk. It became clear that freedom of choice is a rarity. Most of us are trapped by our karmic disposition. This need not be so if we take the time to examine our life style. To adhere to Yoga and Vedanta is a good start. Follow the path and all will be revealed.

Body, Mind and Self are the means. They perform a temporary function. Useful, but not to be perceived as permanent. For this we need to adhere to Atman (Soul). We must look towards Reality for Enlightenment. All else, is faking the Truth. This applies especially to our senses.

Yoga teaches Unity or Oneness. There are many branches. Vedanta offers Moksha or Freedom. Again, there are many ways. Is it any wonder that people are confused? Yes! Everybody wants to live their own way. There is an obvious lack of cohesion in humanity. Having said that, it shows diversity on many levels. Perhaps here is a great opportunity for respect and tolerance.

Tapas or Discipline helps to clear the heart and brain. And Svadyaya or Self-knowledge leads to Insight. Dhyana or Meditation is the way to the Absolute. The Truth is revealed. We become aware that choice is a privilege which results in Bliss Consciousness or Samadhi. Such is the path to the Infinite.

At this level we have “Life in Choices.” The concept of level is erroneous as it exists everywhere. Although a small part of it, we are nevertheless the Whole. Personal responsibility cannot be ignored. If things go wrong it is due to our misunderstanding. The cause is subject to our lack of insight, or not wanting to acknowledge the Truth. So we choose wrongly. We think that the mirage is Reality. It is called maya or illusion. Another word for it is avidya or ignorance.

We are prisoners within our body, mind and self. But there is a way out. The body is matter, matter is mind, self is ego. Each operates on a different plane. They are not necessarily cooperating with each other. Thus we experience stress and disease. At best DNA allows for a good life. Inherent talents enable us to employ them for the good of ourselves and others. We refer to them as ‘gifts’.

The transcendental Atman or Soul is totally free. It is Brahman, Absolute, God, Lord. Some people refer to “It” as Spirit, Energy, Life force, Prana. There is no beginning or ending. It is Eternal, Infinite - words fail to express the true meaning.

So what is the purpose of life? I see it as a search for fulfilment. The answer lies dormant within us. Wake up - wake up - wake up! This sounds like a mantra and it is. If life is not working out, there must be a reason for it. The solution often lies in keeping it simple. Life exists as a flow of expanding consciousness. Make the best of it and ‘enjoy’ every moment. Be happy. Take care of the environment. Maintain your sense of humour in all circumstances. Be nice to everyone you meet. You never know but you may see them again in the next life!

Postscript: Did you spot the play on words, “Life in Choices?”
News from the Centre

AGM
Cathryn and Eric Doornekamp are pleased to report that the Annual General Meeting of the Centre on the 14th August was a great success. Those in attendance enjoyed a delicious home-baked carrot cake for supper, made by Kay Ashley.

Honorary Membership
Dr. Ananda Balayogi Bhavanani and Taffy Hawkins were accorded Honorary Membership of the Lotus Yoga Centre for the forthcoming financial year 1/4/2016 – 31/3/2017, by Members at the AGM, in recognition of their long standing contribution to yoga and ongoing interest in the Lotus Yoga Centre over the years.

Dr. Ananda Balayogi Bhavanani
Dr. Ananda conducted a Three Day Yoga Programme at the Lotus Yoga Centre in 2009 and in March 2014 he facilitated a retreat at Tatum Park: “Yoga, the Antidote to Stress”. The programme was launched at the Lotus Yoga Centre with a mihi whakatau (traditional Maori welcome) on the front lawn of Whare Ora and the official opening of the retreat was held in the Sanctuary behind the Centre. Following the retreat at Tatum Park, Dr. Ananda delivered a most inspirational and informative talk “Yoga for overall Well-being” at the Lotus Yoga Centre on 1st April 2014.

Taffy was Eric Doornekamp's first yoga teacher at the Wellington Yoga Hatha Group, where he attended two classes per week for eight years from 1960 – 1968. To this day, Eric feels greatly indebted for all the knowledge Taffy imparted.

Honorary Membership was also accorded to Member Bruce McKnight for the forthcoming financial year 1/4/2016 – 31/3/2017, in recognition for his contribution to the upkeep of the grounds.

Movie Fundraisers
A big thank you is due to those who supported the Centre with movie fundraisers; Far from the Madding Crowd on 24th June 2015, and The Audience on 22nd July 2015.

Spot seat prizes were generously donated by Leigh Cook (Reiki voucher), Reece and Hanna Baker (Apheleia natural skincare products), Jill Newman (Bowen Therapy voucher & Therapeutic Massage voucher) , Andray Ochkas - KiwiPC Help (One hour in home, computer training session voucher x 2), Hayley Brown and Todd Balfour - Health Evolution (Skin Revitalizing Gel Renu 28), Lotus Yoga Centre (Yoga voucher x 4 classes & Taichi Qigong voucher x 4 classes), Shoreline Cinema (Movie vouchers x 2).

After expenses the Centre made $715.00 profit from sales of tickets.

Note: The Lotus Yoga Centre is a non-profit organisation and a registered Charity (CC29976) which relies largely on donations, fundraisers and income from classes and courses to achieve its aims and objects. The Centre aims to benefit the community by encouraging the study and practice of all aspects of yoga and related complementary disciplines.

Reiki Share
Please contact Peter or Kay Ashley to register your interest in attending a Reiki Share, held on the first Wednesday of very month 7.00 pm – 8.30 pm at the Lotus Yoga Centre. Attendance is by koha to cover room costs.

Phone Peter on 027 6871714 or email peterashley@paradise.net.nz

Personalised Yoga Programmes
Resident Yoga teacher, Cathryn Doornekamp has recently had a number of requests from class attendees to tailor-make personalised yoga programmes for home practice. The cost for a one-on-one consultation is $45.00.

For more information or to make a booking, please phone Cathryn on 04 298 8258 or email lotus.yoga.centre@paradise.net.nz
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, Sarah Swann and Yolanda Price for laundering the yoga sheets.

Valerie Andrews for her editing skills.

Jill Newman for her amazing efforts with preparing the kitchen area for a makeover.

Ralph Wallace for painting a white edging on the steps at the front of the Centre.

Yvonne Oliver, Kay Ashley, Peter Ashley, Reece Baker, Patricia Batt, and Brian Elsmore for their help with tending and weeding the gardens.

Bruce McKnight for chainsawing trees and firewood.

Selwyn Williams for helping out with various tasks around the Centre and Sanctuary.

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:

8th October, 5th November 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 Repeat $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 September and October 2015 is:

Thursday 3rd and 10th September

Thursday 17th and 24th September

Thursday 1st and 8th October

Thursday 15th, 22nd and 29th October

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.
Body, Mind and Soul Retreat
Facilitated by Cathryn Doornekamp
IYTA trained Yoga Teacher
Venue: The Lotus Yoga Centre,
91 Ruapehu Street, Paraparaumu
Sunday 29th November 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
15th November 2015

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

Sacred Sound Healing Concert
With Tibetan Singing Bowls, Crystal Singing
Bowls and Gongs
Saturday 24th October 2015
4.00 pm – 5.00 pm
Tickets: $20 prepaid by 20th October
Door sales: $25

For comfort please bring a blanket.
Listeners will be immersed in the sustained
waves of sound and tones of the sun gong and
Tibetan and Crystal singing bowls played with
a heart centred mind. The sacred sounds
restore and rejuvenate all systems of the body
inducing deep relaxation and an expanded
sense of awareness.

Mariana Vetterli has studied massage therapy
and complementary natural therapies in
Switzerland and has been working with health
professionals in this field for over 30 years. The current tour takes her through the North
Island offering sacred sound healing concerts
and workshops to uplift the collective
consciousness and wellbeing of Aotearoa and
its people.

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

Page 7 of 9
**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**

**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**

---

**Therapies by Appointment**

**Reiki**

with Graeme Richardson

**Level 3 Reiki Practitioner**

**Member of Reiki NZ**

**Cost**

$40.00 – 40 minute session

$160.00 – Five session concession

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

**Reflexology**

with Dianne Davie

**UK Qualified Reflexologist**

**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.
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 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.

Massage

Eric Doornekamp has 40 years experience in massage.
Swedish massage involves deep tissue therapy to relieve stress. 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.
04 298 8258
Email: lotus.yoga.centre@paradise.net.nz