Editorial by Cathryn Doornekamp

Namaste. Welcome to the Summer edition of The Lotus newsletter. As another year draws to a close, we count our blessings. Much growth has occurred on many levels. Eric Doornekamp, the Centre’s Founding-Director, is making steady progress, getting stronger and stronger every day, walking with a frame, after having undergone major spinal surgery in August 2014.

Eric and Cathryn Doornekamp

We are pleased to report that the Spring open day/working bee, held at the Centre on 30th November in conjunction with the Kapiti Timebank, was a great success. Thanks are due to Reece Baker, member of the Centre and project coordinator of the Kapiti Timebank, for being the driving inspiration behind the event. A composting workshop run by Hannah Zwartz and a sheet mulching workshop with Lisa Talbot proved to be a great hit. Tours of the Sanctuary and meditation were popular too. A newly created pathway around the pond was admired by all. Special thanks are due to John Wraight for the design of the pathway, and to Yolanda Price and Matt Crombie, who worked alongside John constructing the path.

The official opening/blessing of the Sanctuary pathway will take place on Sunday evening 21st December 2014, so be sure to mark this date on your calendar. Details can be found on page 5.

The Sanctuary is the spiritual base of the Lotus Yoga Centre’s activities. Plans are in place for the construction of a carpark to service the Sanctuary and Centre. A Pledge Me campaign (https://www.pledgeme.co.nz/) will be launched in the New Year, to raise funds to realise this project and to cover the shortfall in costs of constructing the Sanctuary path.

Upcoming events scheduled in the Sanctuary include evening meditation/chanting sessions over the Christmas/New Year period and a New Year’s Eve meditation. Please refer to pages 8 and 9 for details.

Table of Contents

Editorial by Cathryn Doornekamp.............1
Vouchers.........................................2
Review of Yoga....................................2
In Appreciation..................................3
Resurrection of Kurma.........................3
Auto Bibliography..............................3
Buddha and the Brahmin.......................4
Opening of the Sanctuary Pathway...........5
About the Sanctuary............................5
News from the Centre..........................6
Upcoming Events and Courses...............8
  New Year's Eve Meditation..................8
  Meditation Course...........................8
  Classic Yoga Course Invitation............9
  Meditation/Chanting.........................9
Special Offer.....................................9
Products for Purchase........................10
Therapies by Appointment....................10
The Centre's teachers and therapists are dedicated to providing an ongoing service in the tranquil surroundings of 'Whare Ora', the old homestead. A flyer outlining the Christmas/New Year schedule of classes is available from the Centre.

For yoga students who would like to pursue yoga in-depth, the **Classic Yoga Course** is scheduled to start in February 2015. More information can be found on page 9. A prospectus is available from the Centre on request. Also on offer is a 4-week block **Meditation course** in February.

Featured in this newsletter is a **Review of Yoga** and an **Auto Bibliography** by Eric Doornekamp. It also contains an article entitled **Buddha and the Brahmin** contributed by Brian Hicks.

Enjoy the festive season and have safe holidays. *Aum Shanti*. May Peace, Love and Joy prevail.

---

**Review of Yoga**

*By Eric Doornekamp*

**Introduction**

More than ever yoga is going through a time of growth. Classes are held in nearly every locality. Hatha yoga or the physical approach appeals greatly because it includes activity and relaxation.

Yoga is a holistic system, yet multifaceted discipline. It should be studied at a physical, mental and spiritual level.

We have a choice of numerous yoga paths. Personal transformation is an ongoing process. Some students meditate regularly and study philosophy as well.

Health and well-being rank high in yoga. This is shared with all people, whatever their belief or nationality. Do we appreciate the great variety which exists in human society?

**Beginnings of the Lotus Centre**

The Lotus Yoga Centre and Retreat (1971) was established by Mr. Eric Doornekamp, who has trained thousands of yoga students since the Centre's inauguration.

In 1996, Eric was joined by Cathryn, his partner and soul mate. She is regarded as one of the finest yoga teachers in New Zealand.

Recently Eric underwent a serious operation on his spine. It means that he is no longer able to practise some of the yoga postures. Despite his limitations he intends to continue teaching Classic Yoga.

While Eric is under “temporary house arrest” he is taking the opportunity to reflect on the course of his life. He trusts that his body will soon heal itself.

He is most grateful for the loving support he has received from the many wonderful visitors who wished him well.

---

**Vouchers**

**For that extra special gift**

Purchase your loved ones a voucher for Christmas.

**Reflexology, Reiki, Taichi Qigong, Yoga** vouchers are available from the Centre.
In Appreciation

By Eric and Cathryn

Words do not suffice

How can we thank all the good people who have helped out at the Centre in recent months? Eric spent most of June - September in Wellington and Kenepehu hospitals. He specially wishes to thank the surgical team who operated on his back.

Cathryn visited Eric regularly in hospital. Her task was made so much easier by yoga and tai Chi students. They prepared delicious meals to save her time.

It was truly karma yoga or unselfish service and love in action. We also appreciated all the friends and members who came to visit Eric. It would be too common place to say 'thank you' to everyone. Yet we mean it from the bottom of our hearts.

Resurrection of Kurma

By Eric Doornekamp

Kurma, the red-necked tortoise, is no more or so we thought! She arrived at the Centre in March 2007 and has lived in the fish tank at the entrance to the hallway ever since.

In November 2014 Cathryn told me the sad news of Kurma's apparent dying. She had waited to tell me as I no doubt would feel very disappointed and miss my mate.

Our son, Ananda, had already decided on the appropriate burial. A grave was to be dug in the garden.

With some effort, I managed to walk to the Centre from the cottage next door where I now reside. Then Kurma opened her eyes as if to say, “Where have you been?”

Kurma was not dead after all! She must have been meditating or hibernating to be more precise. She may live another 50 years yet!

Auto Bibliography

By Eric Doornekamp

My Story so far

Most readers will already know me. I am the Founder-Director of The Lotus Yoga Centre and Retreat, established in 1971, Wellington. In 1985 the Centre moved to the Kapiti Coast. Let me start by sharing something of my earlier years in life with you.

I was born in Hoevelaken, a small village in Holland, on 10th September 1936. The most prominent feature was Castle van Aalst, belonging to a wealthy but childless couple. So they asked my parents if they could adopt me. However, no such luck. I must have been a good looking baby!

Arnhem, the provincial capital on the River Rhine in Gelderland, was the scene of fierce fighting during the Second World War. Thinking back on it now, those years shaped my outlook on life forever.

I went to school at the age of nine and later was called up for military service in the Dutch Army. In Europe the threat of war still existed.

In 1959, I decided to leave my over-crowded country of birth and chose New Zealand. I had been told about the friendly people and the beautiful scenery. I was not disappointed and I have enjoyed my newly found freedom immensely.

To explore the country I bought a packhorse and undertook a 10,000 km long journey covering both the North and South Island. This “Mission of Peace” was from 1961 – 62. I intend to record that journey in a book.

My interest in travelling has never waned and so I have visited Thailand, China, North and South America and parts of Asia over the years.

A special trip was made to Latin America. In Peru I met up with Cathryn. We have been together since 1996. Our son, Ananda means Bliss or Joy. Well, he is certainly reaching for the skies and already stands nearly two metres tall!
Background in Yoga

While still living in Holland I was greatly influenced by my Uncle Jelmer, who had been a prisoner of World War II. He showed me the Buddhist Path of love and compassion.

In Thailand I was further instructed in Vipassana or Insight Meditation by the Venerable Tan Chau Kun.

My interest in yoga began in earnest when I enrolled in an intensive teacher training course at Ananda Ashram in India, 1968 – 69.

I am foremost indebted to my Sat Guru, Dr. Swami Gitananda Giri Maharaj, who introduced me to Rishiculture Ashtanga Yoga. He is acknowledged as a Mahant of the ancient Vedic Brighu Order.

Returning to New Zealand

It became time to get involved in the running of the Lotus Yoga Centre. The first classes were in Hatha Yoga followed by Raja Yoga. There are many branches of yoga but these will be explained in a following article.

Throughout my search for the purpose of life I have learned that the goal of yoga leads to a better understanding of its purpose. This is Self-realisation.

I am blessed to have discovered that yoga is indeed the pathway to union of everything. My life has been enriched forever now that the oneness of all existence is apparent. All is one and one is all. It has never been different and it remains the eternal truth.

Yoga can play a vital role in human relationships on a global scale. It also has an ecological impact. Harmony between people and the environment is vitally important.

I see myself as ‘a Nature Boy’. Here nature means Creation. Creator is the Higher Self. In yoga He or She is the Atman.

In Reality there is no division. Consciousness has no boundaries. Blessed are those who choose Eternal Life Now and Forever.

AUM SHANTI AUM

Buddha and the Brahmin

Contribution by Brian Hicks

The following extract is from a book “The Case For God” by Karen Armstrong.

One day a Brahmin Priest came across the Buddha sitting in contemplation under a tree. The Brahmin was astonished by the Buddha's serenity, stillness and self-discipline.

“Are you a God, Sir?” the Priest asked.

“Are you an angel or a Spirit?”

“No”, the Buddha replied.

He explained that he had simply revealed a new potential in human nature. It was possible to live in this world of conflict and pain, at peace and in harmony with one's fellow creatures.

There was no point in merely believing it, you would only discover its truth if you practised his method, systematically cutting off egotism at the root.

You would then live at the peak of your capacity, activating parts of the psyche that normally lie dormant, and become fully enlightened human beings.

“Remember me,” the Buddha told the curious Priest, “as One who is Awake”.

I think of Eric as “One who is Awake.” Our correspondence over the last decade has helped me to sort out my own relationship with Infinity.

Cathryn too, I much appreciate the accounts about your visits to India in the quarterly newsletters. The Lotus Yoga Centre is a place of peace within my heart and mind.....

Thank you.

Editors note – Brian and Barbara Hicks conduct the Cronus Centre, a worldwide spiritual organisation. They moved from New Zealand to Canberra, Australia, in 2001.
Opening of the Sanctuary Pathway

Members and friends of the Centre are warmly invited to attend the official opening and blessing of the newly created pathway leading around the pond to the Sanctuary.

The event will take place at 7.00 p.m. on the Summer solstice, 21st December 2014. All are invited to circumnavigate the pathway surrounding the pond three times in silence, followed by a meditation in the Sanctuary and a potluck shared supper.

This will be the third of three auspicious events observed 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 circumnavigated 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 generosity and goodwill forthcoming from members and friends of the Centre in recent months has been abounding in abundance.

Cathryn and Eric are especially grateful to Donna Clarke, local Oamaru Stone artist and member of the Centre for kindly donating art piece “Birds of a feather” to raffle as a fundraiser.

They would like to take this opportunity to thank those who supported the Centre with this fundraising venture. $425.00 was made in total from ticket sales.

The raffle was drawn at 4.00 pm on 30th November. Those in attendance at the Spring open day/working bee gathered on the front lawn of Whare Ora to witness Eric Doornekamp draw the lucky ticket. Congratulations go to Kay Ashley, the winner.

Ros Annala, Licensed Unity Teacher and Master Prosperity Teacher deserves special mention for holding a very successful Prosperity Workshop at the Centre on the 19th October. She very generously donated all the proceeds from the workshop to the Centre.

Billy Uber, long term member of the Centre wrote a heart touching message when he and his wife, Sally made a substantial donation of $300 Euros:

Dear Eric and Cathryn,

Sometimes it is very nice to have discretionary income at one’s disposal. This is one of those times. We are happy to be able to help you in this fashion. Money is like love: if you don’t circulate it, it loses its energetic potential. I owe so much to the Lotus Centre and to you Eric, I would be an ungrateful man indeed if I did not feel a profound sense of appreciation for your assistance, guidance, and friendship.

Be well, and stay well, my friends.

With much love from Baden-Baden, Germany.

An acknowledgement is due to Yolanda Price, member of the Centre for her generous offer to hold a quality used goods stall at the Spring open day/working bee on the 30th November with all proceeds going to the Centre. She donated many of the goods herself, and in total $323.30 was made from sales.

Movie Fundraisers

The response to the movie fundraisers; Aunty and the Star People held on 29th October 2014 and the two screenings of Healing held on 26th November 2014 was truly overwhelming. A big thank you is due to those who supported the Centre with these fundraisers.
Spot seat prizes were generously donated by Hayley Brown and Todd Balfour of Health Evolution (PEMF treatment vouchers and a Hyperbaric Oxygen treatment voucher), Leigh Cook (Reiki voucher), Jill Newman (Bowen Therapy voucher & Therapeutic Massage voucher), Dianne Davie (Reflexology voucher), Waverney Reta (Craniocacral therapy voucher), Yolanda Price (Therapeutic Facial Massage voucher), Reece Baker (Apheleia natural skincare products), 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 $800.00 profit from sales of tickets. A further $30.00 was received in donations making a grand total of $830.00.

**Christmas Cheer**

A big thank you from Cathryn, Eric and Ananda to everyone that contributed to the gift basket and kit of goodies. The card read:

*Happy Christmas
And Best Wishes for 2015
To Cathryn, Eric and Ananda
With love and thanks from Lotus Yoga Centre Fans!*

---

**Helping Hands**

Cathryn and Eric would like to acknowledge the many helpers who lent a hand at the recent working bee held on 30th November: Alison Bowie, Donna Clarke, Ralph Wallace, Valerie Andrews, Rosemary McCarthy, Rosalind Derby, Diana Evans, Anne Purchas, Reece Baker, Lorayne Baker, Jill Newman, Kay and Peter Ashley.

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.

Recognition is also due to:

Anthony Britton for continuing to provide expert help with computer matters.

Linda Beagle for laundering the yoga sheets.

Patricia Batt, Brian Elsmore and Yvonne Oliver for their help with weeding the gardens.

Matt Crombie for mowing, pruning trees and gardening.

*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.*

---

**Ananda, Cathryn and Eric Doornekamp**

A message from the trio: What a lovely surprise! We shall enjoy the treats!
Dear Members and Friends of the Lotus Yoga Centre
You are warmly invited to attend a New Year’s Eve Meditation in the Sanctuary

**Date:** Wednesday 31st December 2014
**Time:** 10.15 pm
Gather at the Lotus Yoga Centre

**10.20 pm** As a group, walk the Sanctuary pathway, settling into silence on the way, and return to the Sanctuary for meditation.

**Enter the Sanctuary and be seated**
There will be a single candle for light

**Opening with three Aums**

**10.30 – 11 pm** will be an opportunity for people to meditate, think on or express out loud, that which they are choosing to release into Consciousness.

People are also invited to express through a chant or waiata of their choosing.

**11 pm – 12 midnight**
**Silent meditation**
Facilitator, Yolanda Price will offer minimal guidance throughout the meditation, based on Vipassana Meditation, to concentrate the mind.

*The purpose of the hour-long silent meditation will be to simply observe the letting go of the old and the letting in of the new.*

**12.05 – 12.10 am**
**Coming out of the silent meditation**

**12.10 – 12.25 am**
An opportunity for anyone who wishes to express their thoughts

**12.30 am**
**Close of meditation with three Aums**
Walk back via the bush path to the Lotus Yoga Centre.

Departure or light refreshments.

**Suggested Koha:** folding or gold coin koha. Proceeds go towards the upkeep of the Sanctuary.

**Bring a torch, shawl/blanket and cushion for sitting on.**
**It is advisable to wear walking shoes.**

To register your interest or for more information please contact Cathryn Doornekamp.

---

**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:**
5th February 2015, 5th March 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.
Classic Yoga Course Invitation
ARE YOU INTERESTED IN PERSONAL GROWTH AND SELF-DEVELOPMENT?

The Classic Yoga Course is an in-depth course aimed at those who are able to dedicate more time to the practice and theory of yoga. The course is progressive, with an ongoing commitment. Participation in the lessons is required. The course is therefore only suited to individuals with discipline, sincere dedication and a deep love of yoga.

With once-monthly meetings on a Saturday over a period of four years, this course covers major aspects of yoga, enabling the student to gain insight into its practice. Topics are of an ongoing nature and include different paths of yoga, breath control and relaxation techniques. The course aims to provide a deeper insight through physical, emotional, mental and spiritual development.

Facilitator Eric Doornekamp is a practising yoga therapist, with a Ph. D. in yoga issued by Vishwa Unnyaya Samsad. He studied under Yogamaharishi Dr. Swami Gitananda Giri in 1968 at Ananda Ashram, Pondicherry, South India.

The next Classic Yoga Course is scheduled to start on: 14th February 2015

A full prospectus is available from the Centre. For more information or to enrol, please contact Cathryn Doornekamp.

Meditation/Chanting
A series of meditation/chanting sessions will be held in the Sanctuary over the Christmas/New Year period on Thursday evenings: 7.30 – 8.30 pm.

Facilitator, Cathryn Doornekamp warmly invites everyone to attend.

The schedule of meetings for the months of December 2014 and January 2015 is:

Thursday 11th and 18th December
Thursday 8th and 15th January
Thursday 22nd and 29th January

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

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
All proceeds go towards the Sanctuary upkeep.

Special Offer
The Lotus Yoga Centre would like to thank you for your continued support this year. The best compliment you can pay us is the referral of your family and friends. The majority of new attendees in the classes come by 'word of mouth'. As a token of our appreciation, we are making the following offer to all current ten-session card holders:

Introduce a friend to YOGA or TAICHI QIGONG and receive a free class when this person books for a minimum of four classes.

This offer is available immediately, and is valid until 28th February 2015.
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* - $5.00 (discounted)

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

**Be Fit with Yoga**
*Eric Doornekamp* - $2.00 (discounted)

**Relax with Yoga**
*Eric Doornekamp* - $10.00

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

Full Members receive a 10% discount on books not already discounted.

Postage is extra.

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.
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.

---

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.