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. An important milestone was observed at the Centre in September when Eric Doornekamp, the Centre's Founding-Director celebrated his 80th birthday. The day was abounding with lots of surprises, including an impromptu musical concert. An account of this momentous occasion is featured on page 2 of this newsletter.

We are pleased to report that the 3rd annual Wellington Free Yoga Day, observed at the Centre on Labour day, Monday 24th October 2016, was a great success. The two classes drew full attendance, and many of those who came have filtered into the regular classes.

I was blessed to be able to attend another Feng Shui workshop in October with Rosemary Nelson, local land and house feng shui alignment practitioner. The refreshing experience inspired me to clear a number of spaces which have been holding stagnant energy, and low and behold, new energy is flowing in creating more abundance. Rosemary has been holding regular Feng Shui workshops at the Centre over the past year. For more information she can be contacted at Equate Aligned Environments [http://www.equate.net.nz/](http://www.equate.net.nz/)

"Where intention goes, energy flows". With Christmas approaching and the busyness of the 'silly season' it is important to find some time to nurture our well-being. Our teachers and therapists are dedicated to providing an ongoing service during the Christmas and New Year period in the tranquil surroundings of 'Whare Ora', the old homestead. A flyer outlining the Christmas/New Year schedule 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 2017. More information can be found on page 14 and a prospectus is available from the Centre on request. Also on offer in February, is a four week Meditation course and a Body, Mind and Soul retreat. An Iridology workshop is scheduled in March. For more details please refer to pages 13 and 14.

Featured on page 4 of this newsletter is an article entitled Ecstasy - Samadhi, the fifth in a series of articles written by Eric Doornekamp on Relaxation and Meditation.

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

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Celebrating Eighty Years

By Eric Doornekamp

A previous write-up in The Lotus Newsletter, September 2016, recorded my earlier years in The Netherlands and subsequent migration to New Zealand. I settled in Wellington, in 1959. With the help of other yoga students, we founded The Lotus Yoga Centre and Retreat Incorporated, in 1971.

The Centre is a Not for Profit Organisation and has charitable trust status. It moved to Paraparaumu on the Kapiti Coast, in 1985. The headquarters are at 'Whare Ora' or Home of Health. A special feature is the Meditation Sanctuary. The early history was covered extensively in previous Newsletters.

I met Cathryn, my soul partner, on a spiritual pilgrimage to Peru in 1996. We are both involved with administrative tasks and teaching. Volunteers help with the general upkeep of the gardens and access to the Sanctuary. Other groups share the tranquil facilities regularly.

I feel doubly blessed having lived in the Northern and Southern Hemispheres. The difference in time zones is half a day between summer and winter. (New Zealand is ahead of The Netherlands). My Eightieth Birthday on 10th September 2016 became a great success. The Centre was packed with well-wishers.

I want to mention especially my immediate family and close friends at home and overseas. It was wonderful hearing from them. I received mail from Germany, The Netherlands, United States, India, Australia, New Zealand.

Birthday Greetings:

Congratulations!

An opportunity to iron out the wrinkles of life.

Best wishes on a special day.

Celebrating this day with much happiness.
I blew out the eighty candles (I mean eight!) with great gusto. It reflected the spreading of love, light, and joy. Peter French and Ani McManaway recorded the celebrations on their camera.

Words fail to express my gratitude to everybody. It is with the greatest appreciation that I share all these best wishes with my family, friends and members of the Centre.

**YOGA AS A WAY OF LIFE**

I credit the practice of yoga for any successes in life. The path consists of helping other students progress along the way. Union or oneness is all inclusive. There is no room for selfishness.

My goal has been to express this as service or karma yoga, devotion or bhakti yoga, wisdom or jnana yoga, mental control or raja yoga, physical well-being or hatha yoga, sound or mantra yoga.

It seems ironic that yoga is divided into so many branches. Practitioners may prefer a yoga which appeals to them. These paths are complimentary rather than different. To take responsibility for holistic health involves hatha yoga as an example.

Meditation or dhyana yoga is the basis of most yogas. Without it life seems to loose its meaning. Of course I can only speak for myself. Yet the blessings which have accrued are unlimited.

I have studied and practised many of the major branches. This is contained in the Classic Yoga Course. The duration of this course is four years. It is open to students who are dedicated to yoga.

If you feel that you are ready for this important decision, please get in touch with Cathryn or me.

Enrolments are open for the next course in 2017. Note that this course is a long term commitment.

**IN RESPITE**

After my Birthday I spent ten days recuperating at the Sevenoaks - Midlands Gardens Retirement Village. It is run by the Kapiti Retirement Trust in Paraparaumu.

This beautiful Retirement Village, is set in park-like grounds, and includes a couple of lakes with landscaped walkways. It has a range of facilities at respite care level. The single rooms provide comfortable accommodation. Dedicated staff are on hand 24 hours a day. Meals are provided.

During my stay I was well cared for by friendly nurses and careers. There was also a daily range of in-house recreational activities. Not every one participated; some guests suffered from dementia. Not much fun getting old. Others had interesting stories to tell. One lady was over a hundred and ‘sharp as a whistle’.

In the last few years I have been subjected to some accidents and age-related defects. The ‘shock’ of turning eighty was not amongst them by the way!

I spent the time catching up on reading, listening to music, and conversing with the other guests. It was up to me how busy I wanted to be. Someone said jokingly, “Nothing to do and all day to do it in.”

I occupied myself with yoga, taichi, meditation. I believe it important to keep active and have a purpose in life. Especially now that I am eighty!
Ecstasy - Samadhi

By Eric Doornekamp

Introduction
This is the Fifth Part in a series of articles on Relaxation and Meditation.


Part Two: Withdrawal of the Senses was published in The Lotus March 2016 Newsletter.

Part Three: Concentration - Dharana was published in The Lotus June 2016 Newsletter.


Part Five: Ecstasy - Samadhi can be found in the present Newsletter.

Part Six: Parapsychology or ESP. is the last article in this series to appear in The Lotus March 2017 Newsletter.

Definitions of Samadhi
In Classical Yoga as codified by Rishi Patanjali in the Yoga Sutras, Ecstasy or Samadhi follows Meditation or Dhyana. It is an extension of his Seventh Limb of Raja Yoga or The Royal Path.

Ecstasy or Samadhi is the Eighth Limb in this system. It is not easy to describe as the English meaning differs from the Sanskrit. Thus we find that words are inadequate and we run into problems when trying to explain yogic terms.

This applies especially if we want to know the correct explanation of Samadhi in any language. Mental concepts are not sufficient as Samadhi transcends knowledge. In fact, if we think that we have an explanation it will likely prove that this cannot be.

Where do we begin? I would be tempted to choose the Pathway following on from Meditation or Dhyana, based on the principles of Raja Yoga, such as the Yamas and Niyamas, Pratyahara, Dharana, and Dhyana.

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<td>7.</td>
<td>Great Yoga Rite/Death</td>
<td>Mahat Yoga</td>
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Attempts to describe Samadhi

1. Samadhi: Superconsciousness
Nimilana Samadhi Ecstasy with closed eyes
Unmilana Samadhi Ecstasy with open eyes
Pratimilana Samadhi Ecstasy Introvert/Extrovert in succession
Sahaja Samadhi Spontaneous Ecstasy
Samyak Samadhi Transcending the Ego
Samprajnata Samadhi Conscious Ecstasy
Nirbija Samadhi Seedless Ecstasy without causes
Sabija Samadhi Ecstasy with Seed
2. Yoga Sutras: Pada One and Four
Savikalpa or Samprajnata Samadhi
Identify with prajna or higher thought forms
Nirvikalpa or Asamprajnata Samadhi
Identify with Transcendental Self or Atman

3. Dhyana: Meditation followed by Ecstasy
Merging of Subject and Object
Revelation of Self
Atman is Brahman
Ecstasy/Inner state linked with outer state
Absorption of Ego into Reality

4. Ananda: Bliss of Oneness or Union
Sat-Chit-Ananda
Reality-Consciousness-Bliss
Nirvichara Samadhi
Realisation of the Truth
Kelvala Samadhi
Bliss without sensory attributes

5. Sukha: Happiness or Joy
The pursuit of Divine pleasure
Avoidance of pain or duhkha
Mastery over the senses

6. Moksha: Enlightenment or Liberation
Vichara Inquiry leading to reflection on the Absolute
Dharma megha Samadhi
Highest level of Samadhi
Samprajnata Samadhi
Ecstasy with Liberation

7. Maha Samadhi: The Great Yogic Rite
A description for Yogis who have passed on
When an enlightened Yogi dies he or she is buried in a cross-legged position
Those who are regarded as 'ordinary beings' will be cremated

Comments on Samadhi
This list is by no means a complete one.
It contains Sanskrit as well as English words.
Samadhi may occur unexpectedly.
It cannot be taught but directions are necessary.
If one thinks of Samadhi it is not Samadhi.
There are many different states of consciousness.
In its higher states the mind becomes an observer.
The mind is aware but is not active.
Flashes of Insight may take place.
Limitations of time and space are eliminated.
Thoughts, emotions, sensory imprints no longer have any effects.
There are few comparable levels between Samadhi and Western equivalents.

Personal Profile of the Author
You may ask if I have achieved Samadhi?
That is a fair question!
I will be honest.
My answer is Yes and No.
Let me put it this way:
I believe that I am on the right Path.
I have experienced Insight into the various states of consciousness as exemplified by the Rishis. Thus I endeavour to follow the beacon that is Yoga.
These glimpses of Enlightenment have not lasted.
Yet I can say that the Path ahead looks clearer.
Thanks to the practice of Yoga.
I still need to overcome pernicious obstacles.
They are having less influence over me.
"I am" is becoming more powerful than “Me”.
The Voice of Silence

There is not really a lot more I can say about Samadhi. I do believe that silence speaks louder than words. The Truth needs no embellishment.

Sound comes secondary to silence. Arguments are less likely to occur if nobody speaks. It offers an opportunity for us to notice ‘The ‘Still Voice’ within our heart or head.

All this applies most certainly in Samadhi. That is why it becomes so difficult to give any description of it. Words simply cannot explain concepts which the mind fails to register clearly.

At best the mind acts as a sounding board. Thoughts in the head, emotions in the heart, feelings in the abdomen create a noticeable ego. It takes determination to penetrate this shield.

When the Spirit within manifests Itself, Samadhi happens naturally. All restrictions are uplifted. The little self evaporates.

Yoga is the way of uniting the Atman with Ishvara or the Soul with the Absolute, which is free of attributes.

The Soul or Atman ‘has come home’ so to speak. The Vedanta expresses this as Moksha or Perfect Liberation.

Now I will continue with my article on Samadhi, acknowledging my shortcomings. Who can expect to describe the indescribable? Fortunately, all illusions or maya will disappear but that requires complete elimination of ignorance or avidya.

If I keep believing that I am a body, mind, or Soul which needs rescuing I limit every one of them. They interact with each other and must be seen as a unit. The word ‘unite’ makes sense, holistically speaking.

How much more this is true on a universal level. All is One : One is All! Dualism won’t fit in here or there. With this outlook on life, we cannot fail to be liberated. Our position may change but it does not disappear. Even death is temporary.

We spend a lot of our time pursuing senseless pleasures, or trying to escape from suffering. The ‘Saviour’ is in us, if only we are aware of it. There are several ways. Let us just note five of them:

1. Bhakti Yoga    Shraddha    Faith
2. Karma Yoga    Kriya    Action
3. Jnana Yoga    Prajna    Wisdom
4. Raja Yoga    Dhyana    Meditation
5. Mantra Yoga    Shabda    Vibration

Literature on Samadhi

The amount of literature incorporating concepts of Samadhi is vast. Best known are the often quoted scriptures by Rishi Patanjali, consisting of the Yoga Sutras or Aphorisms in Pada One and Four:

Pada One
Chapter on Samadhi or Ecstasy

Pada Two
Chapter on Sadhana or Spiritual Practices

Pada Three
Chapter on Vibhutti or the Siddhis

Pada Four
Chapter on Kaivalya or ‘Aloneness’

One would have thought that once a state of Samadhi is reached, there is no longer any need for further comments. Yet there exist several degrees of Samadhi. In the following paragraphs we will consider traditional views of definitions:

SAM(PAT)PRAJNATA SAMADHI
Identification with an object
Prajna is translated as “higher thought forms” or wisdom
Jnana is often used instead of Prajna for wisdom

SAVIKALPA SAMADHI
This is another description for Sam(pat)prajnata Samadhi
Called Sabija Samadhi or cosmic consciousness but karma does still exist
<table>
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<th><strong>ASAM(PAT)PRAJNATA SAMADHI</strong></th>
<th><strong>SAMPRAJNATA SAMADHI</strong></th>
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<tr>
<td>Identification with the Self</td>
<td>A state of supported cosmic consciousness.</td>
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<tr>
<td>It is devoid from any content of consciousness</td>
<td>Each stage leads to greater perfection.</td>
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<tr>
<td><strong>NIRVIKALPA SAMADHI</strong></td>
<td>There are five major stages:</td>
</tr>
</tbody>
</table>
| A description for Asam(pat)prajnata Samadhi | 1. **Nirvichara Vaisharadya**  
Super-reflective Clarity |
| Another name is Nirbija Samadhi but karma has been eliminated | 2. **Nirvichara Samadhi**  
Super-reflective Ecstasy |
| **SAHAJA SAMADHI**           | 3. **Savichara Samadhi**  
Reflective Ecstasy |
| This is the highest form of Samadhi | 4. **Nirvitraka Samadhi**  
Super Cogitative Ecstasy |
| It occurs as a spontaneous state of Ecstasy | 5. **Savitarka Samadhi**  
Cogitative Ecstasy |
| This is an incomparable state of Happiness | **Patanjali** Mentions four more stages: |
| It can take place while still “in the body” as a Jivan-mukti or liberated Soul | 1. **Vitarka Samadhi**  
Logical reasoning |
| Jivan is Life | 2. **Vichara Samadhi**  
Philosophical discrimination |
| Mukti is synonymous with Moksha or Freedom | 3. **Ananda Samadhi**  
Cosmic bliss |
| The result of “Effortless Effort” when Freedom becomes Bliss. | 4. **Asmita Samadhi**  
Universal Consciousness |
| It is difficult if well nigh well impossible to do justice to any description of Samadhi. | **ASAMPRAJNATA** |
| We need to use “God-speak,” rather than human ways of expressing the intricacies of Samadhi. | A state of unsupported cosmic consciousness. |
| We may have a temporary moment of insight and understanding. | There are two major stages: |
| This provides a beacon of light on the Yogic Path. | 1. **Bhava pratyaya**  
Aware that the mind is part of phenomenal reality  
One may re-enter the cycles of rebirth and death |
| It is said that we must throw Light on an object. | 2. **Upa bhava pratyaya**  
Removal of birth and death in sensory world  
Cause of rebirth and death is no longer there |
| This occurs if the subject shows clarity of vision. | **Patanjali** describes this state as total Self-trust and Self-knowledge or a constant state of meditation. |
| In Meditation subject and object flow together. | Well, I am the first one to admit how complicated this topic is. |
| That is Union or Yoga. | |
However, there is a saying that ignorance is never blissful.

Any effort we put in will be rewarded. Such is the Karmic law of cause and effect.

**Quotes on Samadhi in The Bhagavad Gita 2:56**

“He whose mind is not agitated by suffering or dukkha, devoid of longing during pleasure or sukha, free from passion or raga, fear or bhaja, anger or krodha, he is called a sage or muni, steadied in the vision of the Self.”

“He who is unattached towards everything, who does not rejoice at whatever auspicious events happen to him, nor hates whatever inauspicious events occur, his prajna or wisdom is well established.”

**Yoga Vashistha 5:77.7ff**

“He does not concern himself with the future, nor does he abide in the present (exclusively), nor does he live in the past. He acts out of the whole.”

“Inwardly, he renounces everything, without inner desires.”

“Performing outwardly what has to be done, he remains completely balanced.”

“Remaining perfectly happy and experiencing enjoyment in all that is expected of him, he performs all actions while abandoning the misconception of doing.”

“He is wise, gracious, charming, suffused with enlightenment, free from pressure and distress, (he is) an affectionate friend.”

“Neither by embarking on the performance of action nor by abstention, nor by bondage or emancipation, underworld or heaven can he be perturbed.”

“When the objective world is perceived as the Reality, then the mind fears neither bondage nor emancipation.”

**Hatha Yoga Pradipika 4:5ff**

“As salt mingles with water and dissolves, similarly the merging of the mind and the Self is Ecstasy.”

“Sama or equilibrium, identification of the individual self and the Supreme Self in which all (sensory) volition is absent, is known as ecstasy.”

**Hatha Yoga Pradipika 4:108ff**

“The yogi is not bound by time or kala. Actions or karma have no influence over it.”

“The sensory organs or karman indriyas are unmoved.”

**Samadhi in The Gheranda Samhita 7:1**

“The great yoga is acquired by good fortune. Through grace and kindness of one's guru. Through virtue of one's devotion to him.”

**Garuda Purana 49:36**

Realisation of “I am the Absolute.”

**Kurma Purana 2:11 41**

“It shows uniformity or Eka akara.”

**Tri Shikhi Brahmana Upanishad 2:31**

“The Perfect forgetting.”

**Yoga Cudamani Upanishad 110**

“Samadhi leads to Liberation or Moksha.”

**Paingala Upanishads 3 . 4**

“Samadhi is like a lamp placed in a windless spot, oblivious of the Meditator or the process of Meditation.”

The above descriptions of Samadhi contain plenty of scope for Meditation.

They offer a wonderful opportunity to expand our degrees of consciousness.

They show the Pathway and the Goal to Union.

*Samadhi* is Infinite; it is beyond time and space.

Therefore it does not have a beginning nor have an
ending either.
All Masters, Saints, *Rishis*, and *Yogis* believe so.
What is Eternal must also be Permanent.

**Samadhi and the Chakras**

This article would not be complete without mentioning the *Chakras*.

Their basis is found in the teachings of *Tantra* and *Kundalini Yoga*.

The purpose is to relay the flow of energy in each of the seven (*sapta*) centres.

*The Tantric* writings supply us with insight that involves *Kundalini Yoga*.

It includes the sublimation of the *Sapta Chakras*.

When *Sahasrara Chakra* (Thousand petaled lotus) is aroused, then *Samadhi* occurs.

**Sapta Chakras**

1. **Sahasrara**  *Thousand petals*
   - Bliss, Super consciousness
2. **Ajna**  *Third Eye Centre*
   - Intuition, Wisdom
3. **Vishuddha**  *Throat Centre*
   - Communication
4. **Anahata**  *Heart Centre*
   - Love, Devotion
5. **Manipura**  *Solar plexus Centre*
   - Willpower
6. **Svadhistana**  *Creative Centre*
   - Sexual energy
7. **Muladhara**  *Base Centre*
   - Grounding

Some systems leave *Vishuddha* or *Svadhistana Chakras* out.

Others start at the bottom, thereby reversing numbers one to seven.

*Samadhi* always involves a fully functioning *Sahasrara Chakra*.

*Samadhi* is achieved by total Union of the Self (*Atman*) and the Divine (*Brahman*).

“As above, so below” become One; there is no division between Heaven and Earth.

The fluctuating mind is silent, no wonder this is Bliss!

**The Great Transition**

It is not surprising that death is thought of as *Samadhi*. When it happens *maya* comes to an end. The result is liberation from all attachments.

The *Yogis* believe it leads to union.

The *Vedantists* see it as deliverance.

The *Tantrics* experience it as absorption.

Whichever way you regard it, death demands renouncing all worldly matters. Death is passing from a temporary existence to a permanent abode. The physical body returns to Earth as ashes; the Soul is uplifted to Heaven.

To elevate the Spirit remains the goal in all practices. To clarify the mind and the senses are necessary steps. To purify the emotions leads to purity of the heart.

To achieve union the veil of ignorance needs lifting. To gain freedom all desires must be given up. Even the desire to reach the Goal (whatever that may be).

Example: We may strive for happiness but it is a fleeting condition (finite). Happiness in an Absolute way during *Samadhi* is Eternal
(Infinite). That is what is meant by achieving this exalted Heavenly state.

The Meaning of Key Words in Meditation

Ecstasy is interchangeable with all these words.

Bliss: Indescribable feelings
Joy: Beyond pleasure
Happiness: Lasting rather than temporary
Love: Greatest Power in the Universe
Freedom: Unlimited Choice
Spirit: Atman or Soul
Self Enquiry: Who am I? or “Ko ham”
Absolute: Eternal and Divine
Wisdom: Love of Higher Knowledge
Truth: Everlasting and Unconditional
Consciousness: States of Awareness
Reality: Expressing Oneness
Enlightenment: Living in the Light
Peace: Perfect Quietness

These words are frequently encountered on the Yogic Path and in The Vedanta. We use them more often in a material sense rather than in a Spiritual way.

Brief Summary of Samadhi

I have found it helpful to precede my sadhana with Relaxation and Meditation. Peace of mind silences the ego. It is hard to achieve because the self is demanding. Regular practice is essential and I do sympathize with you if you have not yet succeeded.

We can call on the Major Yogas such as Bhakti (Devotion), Jnana (Wisdom), Karma (Action), Raja (Royal Path), Mantra (Vibration). There are several more Pathways to draw on. Different Yogas for different people. Oh dear!

We may experience “Flashes of Insight.” They indicate moments of understanding, independent of space and time. The obstacles and their effects on our body and mind are diminished. The Buddhi or “Higher Mind” becomes Self evident.

During Meditation, leading up to Samadhi, there will be moments of silence. These moments are utterly Blissful. It is then that Ecstasy occurs in the various stages of Samadhi.

The sadhaka dedicated to the concept of Samadhi will attain pure bliss.

Such a state of consciousness leads to indescribable joy.

This change is the result of Higher Insight.

Realise any gains in awareness.

Then act by applying them.

Tap into the abundance of life at your disposal.

(Quote by Eric Doornekamp)

Self-analysis or Svadhyaya can prove helpful but is useless unless we learn from our experiences. Negative feelings may still be present and have to be overcome. Endeavor to replace them with Divine-inspired, positive ones.

Progress will be rapid and a true picture of the Self begins to emerge. We discover that there exists a real gem within each one of us. Let us treasure it by continually polishing it. May it shine like a diamond emitting a thousand rays.

Our concepts of Self-worth, creative talents, the ability to reach our full potential, keeps growing. Increasingly, we can help others to find answers to their problems. Indeed, our options are unlimited.

Rishi Patanjali shows us in his Yoga Sutras how to achieve everlasting happiness. He advises us to become masters of our physical, emotional, and mental conditioning. Our intentions must be pure so as to reinforce the true perception of the Self or the Atman.

Depending on our personality, that means where we are on our Karmic Path, the various branches of Yoga will prove helpful. Most of us attempt short cuts but finish up doing it the hard way. All Yogas lead to Union between the Self and the Divine.
Life is a Miracle.
We need not look for it.

Yoga helps us to discover the “secret” to it.

ॐ AUM SHANTI ॐ

Rishi Patanjali

News from the Centre

The Centre has been a hive of activity during recent months, with groups booked in most weekends. Todd Stewart from Harmonious Health held a series of experiential Qigong and Reiki workshops at the Centre which were well received.

Mariana Vetterli graced us with another successful Sound Healing Concert, the fifth in five concerts she has held at the Centre during the last few years. The room was booked to full capacity.

She then accompanied Jesse James and Wiley Beveridge, a New Thought Musician, with her crystal bowls when they presented the first of a series of “Leaning In” gatherings. Through music, meditation and poetry, the trio created a wonderful mystical experience.

Wiley then composed some music on his keyboard to go with the Centre's Healing Mantra which will be available on CD sometime in the near future.

A devotional music and kirtan, interfaith concert was held at the Centre in November with newly formed group *Ananda Groove*. The evening ended on a good note with herbal teas around the fire.

A meditation and chanting gathering was held in the Sanctuary on the night of the “supermoon”, 12th November, not long before the 7.8 earthquake which hit NZ.

In recent weeks Cathryn's brother, Colin Batt has been accompanying the meditation and chanting sessions with the sounding of his conch shell. The acoustics in the Sanctuary lend them well to such sounds.

Two *Body, Mind and Soul* retreats held on Sunday 25th September and Sunday 27th November proved popular.

End of Year Dinner Fundraiser

Cathryn, Eric and members of the Committee would like to take this opportunity to thank everyone who attended the end of year dinner fundraiser held at Gatsby Tapas on Wednesday 23rd November. It was a wonderful evening out with forty-three people attending. The menu of vegetarian tapas was a divine selection of mouth-watering flavours.

We'd like to thank Rosi, the restaurant owner for generously donating $15 per head to the Centre and for conducting an auction from donated items. Special thanks is due to Rosi for donating a Gatsby voucher worth $100, Wendy Batterbee for donating 230 grams of freshly caught whitebait from the Waikanae estuary, Donna Clarke, local Oamaru Stone artist for donating a “Heart” art piece, Jill Newman for donating a silver tea set, and Ani McManaway for donating various items, including a chair, ornaments and earrings.

In total $1,330.00 was raised from this function. The proceeds will go towards upgrading the Centre.

Movie Fundraisers

A big thank you is due to those who supported the Centre with movie fundraisers; *Bridget Jones's Baby* held at Shoreline Cinemas on 12th October and *Captain Fantastic* on 9th November 2016.
Spot seat prizes were generously donated by Kay and Peter Ashley (Meditation CD), Joe Pryor (Reiki voucher), Jill Newman (Bowen Massage Therapy and Sauna vouchers), Leigh Cook (Energetic Face Lift vouchers) Lotus Yoga Centre (Body, Mind and Soul retreat vouchers, Yoga and Taichi Qigong vouchers), Shoreline Cinema (Movie vouchers).

After expenses the Centre made $940.00 profit from sales of tickets.

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

**Reiki Share**

Reiki Share meetings are held at the Centre on the first Wednesday of the month 7.00 pm – 8.30 pm. Please contact Peter or Kay Ashley to register your interest. Attendance is by koha to cover room costs. The next reiki share will be held in February.

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

**Personalised Yoga Programmes**

Resident Yoga teacher, Cathryn Doornekamp is available 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 and Valerie Andrews for her editing skills.

Linda Beagle, Liz Knox and Ani McManaway for laundering the yoga sheets.

Ani McManaway for mowing lawns and helping out with a multitude of tasks around the Centre.

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

Reece Baker for weed eating.

Selwyn Williams for tending to various tasks around the Centre and Ralph Wallace for trimming trees and cutting firewood.

Kay and Peter Ashley for helping in the kitchen with the September and November Body, Mind and Soul Retreats.

Colin Batt for replacing the laundry floor, cleaning gutters, mowing lawns, weed eating, trimming trees and helping out with numerous tasks around the Centre.

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.*

**Vouchers**

*For that extra special gift*

Purchase your loved ones a voucher for Christmas.

**Yoga, Massage, Taichi Qigong** vouchers are available from the Centre.
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 February, 2nd March 2017

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**
Meditation/chanting sessions are held in the Sanctuary weekly on **Thursday evenings:**
7.30 – 8.30 pm.

The schedule of meetings for the months of December 2016 and January 2017 is:
- Thursday 8th and 15th December
- Thursday 22nd and 29th December
- Thursday 5th and 12th January
- Thursday 19th and 26th January

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

Please bring a torch. It is advisable to wear walking shoes and you may like to bring a shawl/blanket and cushion for sitting on.

**Attendance is by koha**
Proceeds go towards the Sanctuary upkeep.

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

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

**Sunday 12th February 2017,**
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 29th January 2017

To register your interest or for more information please phone Cathryn Doornekamp on 04 298-8258 or email
lotus.yoga.centre@paradise.net.nz
**Classical 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: **18th February 2017**.

**Enrolment: Dec 2016 - Jan 2017.**

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

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**Iridology Workshop**

**Which one of the five Iris types are you?**

Find out on **Sunday 12th March 2017**

10.00 a.m. - 1.00 p.m.

with Course Facilitator Eric Doornekamp

**In this ½ day workshop you will learn what the reading of the eyes reveals:**

* Constitutional strengths or weaknesses

* Nutritional requirements

* Inherent (genetic) strengths and weaknesses

* Toxic build-up in the body

* The condition of your elimination channels.

Which ones can you improve?

Cost $35.00 prepaid. Bookings Essential

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**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 2017**.
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

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.

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 phone 04 298 8258.

Back/Neck/Shoulder Therapy

Eric Doornekamp 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

Supplements

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