
The rich shades of red, orange and gold leaves carpeting the ground, remind us that once again we are the witness of a change in season.

The transition from one season to another is an ideal opportunity to reflect upon what is important and re-evaluate our commitments to ensure that we have allowed ourselves enough time to nourish our body, mind and soul.

The Centre has a wide array of classes on offer to nurture one's well-being. In total there are three taichi qigong classes and ten yoga classes to choose from weekly. The ten-session yoga or taichi card is good for a year, and allows the holder to attend any class they like, whether it is morning, evening, beginners or general. See page 9 for a class timetable.

For the keen at heart, the Early Bird Yoga class on Saturday morning 7.00 am – 8.00 am is a must. This could be the motivation you are looking for to set your weekend off on the 'right foot'. They say the early bird catches the worm. "Success comes to those who prepare well and put in an effort."

Regular four week introductory block courses in meditation are held on Thursday evenings at the Centre with Facilitator Eric Doornekamp. The aim of the Meditation Course is to reduce stress and achieve peace of mind, increasing energy levels. Course starting dates for the winter months can be found on page 9.

And looking ahead, of interest to students of yoga may be “an authentic ashram experience” with Dr. Ananda Balayogi Bhavanani, to be held on our doorstep at Tatum Park, 28 – 30 March 2014.

Lotus readers may recall Dr. Ananda's visit to New Zealand in April 2009, when he facilitated a very successful Three Day Yoga Program at the Lotus Yoga Centre. Members of the Centre appointed Dr. Ananda an Honorary Member of the Lotus Yoga Centre, in recognition of his contribution to yoga. We are truly blessed to be the recipient of his teachings 'down under' once again. Please refer to Page 7 for more details.
In Appreciation of my Teachers

Introduction by Eric Doornekamp

There is a saying in the tradition of yoga, “When the student is ready the teacher will appear.” I can vouch for this truly happening to myself.

Allow me to tell you in a few words about my yogic background. I was born in The Netherlands in 1936. My first yoga teacher, Uncle Jelmer Postma, initiated me into meditation. At the time I was eight years old.

In 1959 I migrated to New Zealand. Here I met Mr. Terrence Hawkins or “Taffy” as he was known at the Wellington Yoga Group. He became my second teacher in hatha yoga. Taffy is now ninety years ‘young’. I have kept in touch with him since attending his classes for eight years in the nineteen-sixties.

Taffy Hawkins and Eric Doornekamp

In April 2013, Taffy Hawkins and his daughter Sarona visited the Lotus Yoga Centre. Sarona shared the following story about her father:

The Life of Taffy Hawkins

by Sarona Hawkins

Dad decided to depart for New Zealand and boarded the HMS Rangitoto in London on 19 November 1956. He arrived in Auckland on Christmas day. His contract ticket number was 1853 and the officials recorded his profession as painter/decorator and glazier.

Later dad moved to Wellington. A painter for most of his working life, he owned a business called Hawkins Painters for over 50 years. He established the Wellington Yoga Group in the nineteen-sixties.

Dad purchased land in Pautahanui, north of Porirua for the purpose of creating a yoga retreat. The universe had other ideas in mind. Not long after he met Moira; my mum, he was gifted with an instant family (my brother and I). He built a family home on the land and it became a place where we have lived for over thirty years.

I've asked dad several times how he learned yoga and became a teacher. Each time he told me that he studied the subject from books. (He also attended lectures and hatha yoga sessions with Sir Paul Dukes, who visited Wellington in the sixties, comments Eric).

Dad doesn't recall a lot about those days, apart from that he did not charge a fee for his time teaching. The students paid the owner rent for the space used. The room was let by the Senior Citizens, Westbrook House, Willis Street, Wellington.

I remember dad teaching me how to breathe correctly as I grew up. My brother and I were chronic asthmatics. Dad taught us to breathe deeply down into our lungs. He must have mastered the technique while living in Wales which was a coal mining area. Many of the miners suffered from permanent pulmonary infections of the lungs due to coal dust in the environment.

Over the years dad used to sleep 30% and meditate 70% during the night. He strongly believed that by breathing out double the
number of in breaths it would remove carbon monoxide from the nervous system. To this day he breathes to the count of his heart beat at 60 times per minute.

During the times I was having an asthmatic attack, he taught me to focus on the outgoing breath, rather than the incoming breath. I must say it always calmed my body. It decreased my heart rate when I felt I couldn't breathe during those stressful times.

Sarona tells us a little more about herself and her involvement with The Power House Healing Centre.

I started my healing journey eleven years ago. Originally, I worked in one of the small rooms at mum and dad's house.

Over the years I had this urge to create a healing centre here on the land with a vision shown in a dream. One night I sat down with dad and told him of my dream. To my surprise I found out that dad had purchased the land with the idea to create a yoga centre. It showed that the intent has always been there to help people.

My mum passed away in 2010 and my two sons and I moved in with dad to look after him. It meant that my house next door on the land became available. Sylvia, my twenty-one year old daughter, lives in half of that house and the other half is now a healing centre.

We opened our doors as The Power House in May 2012. I have always felt that this centre was inspired by my dad and feel honoured that I am carrying on from his dream. There are four practitioners and our goal is to empower people.

I am a life coach, spiritual healer and teacher, as well as a Reiki Master. I take people on a self-discovery journey by reflecting back to them the way they think, speak, and use their intuition. I help them to learn about themselves with tools that they can use to better their lives.

Melanie Summer is an Agent of Well-being and a qualified massage therapist.

Annette Sanders is a Crystal Sound Alchemist, Psychic Consultant, healer, massage therapist, and living food chef.

Tory Bassett is an artist, healer, and channel.

We hold regular Crystal Sound and Full Moon fire ceremonies. Recently, we have begun hosting a monthly 'low cost clinic' for those on a tight budget.

Our website will soon be live. Please refer to www.thepowerhouse.co.nz

Visit to the Lotus Yoga Centre

Taffy and Sarona spent time in the Healing and Meditation Sanctuary at the Lotus Yoga Centre.

Here follow some comments received from Sarona after her visit:

Wow! What an amazing time we had with you. Dad went from ninety years old to sixty-five during the time we were there. I have never seen dad transform before my eyes like that. It was absolutely wonderful to experience. Thank you for this.

I felt so connected and peaceful, like I was in one of my homes. I could see and feel with clarity. You have a wonderful space there. You have provided such an incredible place for this world.

I learned more about my dad through being with you. I can only imagine how dad felt. Need I say that we look forward to coming back!
In respect of Gurus
by Eric Doornekamp

Since I started this story it seems fair enough that I finish it.

I believe it is quite remarkable but not out of the ordinary how the energy flows between our two centres. Both are sincerely dedicated to helping humanity and the environment.

In previous copies of The Lotus newsletters I have already told the story about how I was a student of one of the great Masters in yoga, Dr. Swami Gitananda Giri Maharaj, at Ananda Ashram, Pondicherry, South India. He became my third yoga teacher.

Dr. Swami Gitananda Giri Maharaj

In Reality I believe that if we open our heart and mind to the practice and philosophy of yoga, all aspects of life can be our teacher. The word 'guru' means dispeller of darkness. We must allow the Divine Light to guide us on the path. The guru within us shows the way towards enlightenment.

Do all paths reach the same goal?

There are many paths attaining to the same goal of Self-Realisation. No matter what our creed or religion, in essence we are all aspiring to reach the same goal. The only difference is that we are walking the path taught by the teachers of our respective school of thought.

The Middle Path is that of the Buddhists, while the Greeks refer to the path as the Way of Moderation. The Royal Path, comprising of inner and outer observances, is the path, yogis adhere to.

Whichever path one is following, the Noble Concepts as laid out by Siddhartha Gautama in the Eight Fold Path are musts for the Inner Life. According to Dr. Swami Gitananda Giri Maharaj, these concepts apply to us all no matter what our background or religion.

The Eight Fold Path

Editor’s Note – The following article by Cathryn Doornekamp was written in response to the question “What is the “Eight Fold Path” given in lesson 16 of the Step-by-Step Correspondence course she is participating in with Ananda Ashram, Pondicherry, South India.

The Eight Fold Path is one of Buddha's principal teachings. It is a way to end suffering, with the goal in mind of freeing the individual from attachments and delusions.

The Eight Fold Path is often divided into three basic divisions:

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<th>Division</th>
<th>Aspects</th>
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<td>Wisdom</td>
<td>1. Right View</td>
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<td>2. Right Intention</td>
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<td>3. Right Speech</td>
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<td>5. Right Livelihood</td>
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<td>Mental Development</td>
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<td>7. Right Mindfulness</td>
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<td>8. Right Concentration</td>
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The eight aspects: Right View, Right Intention, Right Speech, Right Action, Right Livelihood, Right Effort, Right Mindfulness and Right Concentration are to be applied in relationship to each other rather than as a sequence of single or progressive steps.
Each aspect of the Eight Fold Path supports the other aspects, so they can be thought of as connected or woven together in a web.

The Noble Eightfold Path is often depicted in Buddhist symbolism by the *dharma* wheel; the eight spokes representing the eight aspects of the path. To practise any one aspect in its entirety requires the practice of the other seven aspects.

1. **Right View** (*samyag-drsti / samma-ditthi*)

Also translated as “right perspective, “right outlook” or “right understanding”, Right View is about perceiving life, nature and the world as they really are. Ignorance, or *avidhya* is the opposite of right view. Having a correct outlook on life, frees one from confusion, misunderstanding and deluded thinking, allowing one to gain an understanding of reality as it really is.

*Swami Gitananda* specifically points out that this *pranama* is very much in keeping with *Yoga Drishtih*, the Yoga View of working towards a state of awareness, “awareness of things as they really are”. He says one must understand the perceptions of the senses as well as the conceptions formed by the mind. Proper mental view, outlook on life, right appraisal of situations and things and proper judgement where necessary to act or react correctly in all situations is part of correct understanding. Ref: *Step-by-step, Lesson 16*

2. **Right Intention** (*samvakalpa/sammā sankappa*)

Also known as "right thought", "right resolve", "right conception", "right aspiration" or "the exertion of our own will to change", Right Intention involves ridding oneself of immoral qualities. Having a correct understanding of right view helps one to discern the differences between right intention and wrong intention.

*Swami Gitananda* says “Directing and channelling one’s mind and activity is a prerequisite to walking the path. Motives should be analyzed to see that they are uplifting. Plans should be carefully made to see that no one is harmed or hurt in what we do. Due consideration for the feelings and beliefs of others must be made. Sometimes, we will have to act against the selfish interests and ego manifestations of others, but at that time, our decision must be a correct decision, an evolutionary one.” Ref: *Step-by-step, Lesson 16*

3. **Right Speech** (*samyag-vāc / sammā-vācā*)

The first principle of ethical conduct in the Eightfold Path is Right Speech. Buddha explained Right Speech as follows:

1. To abstain from false speech, especially not to tell deliberate lies and not to speak deceitfully.
2. To abstain from slanderous speech and not to use words maliciously against others.
3. To abstain from harsh words that offend or hurt others.
4. To abstain from idle chatter that lacks purpose or depth.

Simply put, this means “to tell the truth, to speak friendly, warm, and gently and to talk only when necessary”.

“The tongue is a two-edged sword – we must use it wisely”. *Swami Gitananda* reminds us to think before we speak, and speak only after we have thought out the reason for speaking and its
end result. He concludes by saying that our speech indicates our state of evolution. “Small minds talk about things: great minds talk about ideas.” Ref: Step-by-step, Lesson 16

4. Right Action (samyak-karmānta / sammā-kammanta)

Also translated as "right conduct", the second ethical principal Right Action requires that we be morally upright in our actions. It is a well known fact that unwholesome actions lead to unsound states of mind, while wholesome actions lead to sound states of mind.

Right Action is explained by Buddha as:

1. Abstinence from harming sentient beings, especially the taking of life (including suicide) and causing harm intentionally or delinquently.
2. Abstinence from taking what is not given, which includes stealing, robbery, fraud, deceitfulness and dishonesty.
3. Abstinence from sexual misconduct.

In other words, act kindly and compassionately, be honest, respect the belongings of others, and keep sexual relationships harmless to others.

Swami Gitananda points out that our behaviour and actions speak louder than our words. He says we must ensure our “body talk” is in harmony with what is happening inside of us in the recesses of our mind. And above all, he warns us not to become trapped into duality, where mind is high but conduct is low. Ref: Step-by-step, Lesson 16

5. Right Livelihood (samyag-ājīva / sammā-ājīva).

Right livelihood implies earning one's living in a righteous way or in other words obtaining wealth through rightful means. This includes being honest and ethical in business dealings, to not cheat, lie or steal.

Buddha specifically mentions four harmful activities that should not be undertaken:

1. Dealing in weapons.
2. Dealing in living beings. This includes raising animals for slaughter as well as slave trade and prostitution.
3. Working in meat production and butchery.
4. Manufacturing or trading of intoxicants and poisons, such as alcohol and drugs.

Any other occupation that violates the principles of right speech and right action must also be avoided. Swami Gitananda points out that walking the Inner Life Path is indeed difficult when one's way of earning a living is out of keeping with spiritual ideals. He urges those who are in jobs or professions that are not harmonious to Inner Life development to make an effort to move into a role in life which will help fulfil spiritual ambitions. Ref: Step-by-step, Lesson 16

6. Right Effort (samyag-vyāyāma / sammā-vyāyāma)

Also translated as "right endeavor" or "right diligence", one aspect of Right Effort is the persistent effort to abandon wrong and harmful thoughts, words, and deeds. Essentially, Right Effort is the cultivation of wholesome qualities and the release of those that are unwholesome.

Buddha taught four aspects to Right Effort. In brief they are:

1. The effort to prevent unwholesome qualities arising; especially greed, anger and ignorance.
2. The effort to eradicate unwholesome qualities that already have arisen.
3. The effort to cultivate wholesome qualities that have not yet arisen; in particular generosity, loving kindness, and wisdom (the opposites of greed, anger and ignorance).
4. The effort to maintain and strengthen wholesome qualities that have already arisen.
7. Right Mindfulness (samyak-smṛti / sammā-sati)

Right Mindfulness along with Right Effort and Right Concentration are the aspects of mental development that will bring release from suffering.

Also translated as "right memory", "right awareness" or "right attention", Right Mindfulness is the ability to see things as they are with clear consciousness, without filtering everything through our subjective opinions. The mind is trained in the practice of Right Mindfulness to remain focussed in the moment, observing the present event in a detached manner.

Buddha said there are four foundations of mindfulness:

1. Mindfulness of body (kayasati)
2. Mindfulness of feelings or sensations (vedanasati)
3. Mindfulness of mind or mental processes (cittasati)
4. Mindfulness of mental objects or qualities (dhammasati)

8. Right Concentration (samyak-samādhi / sammā-samādhi)

Also known as “right absorption”, the Buddhist method of Right Concentration is the practice of wholesome concentration through meditation.

Buddha's definition of Right Concentration (Samadhi) corresponds to the Samyama of Maharishi Patanjali, where the last three limbs of Ashtanga Yoga; Dharana, Dhyana and Samadhi, merge into the Cosmic Conscious State. Ref: Meenakshi Devi Bhavanani, The History of Yoga, Page 383

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An Ashram Experience

Of interest to students of yoga may be “an authentic ashram experience” with Dr. Ananda Balayogi Bhavanani

28 – 30 March 2014

Venue: Tatum Park, Levin

Editors Note - Dr. Ananda was born in Pondicherry, South of Madras, in India. He grew up in Ananda Ashram, founded by his parents Yogamaharishi Dr. Swami Gitananda Giri Guru Maharaj, one of the greatest yogis in the last century, and Yogacharini Meenakshi Devi Bhavanani, a renowned writer and yogini.

Author of 19 DVDs and 21 books on Yoga, Dr. Ananda is a Yoga Therapist and Gold Medallist in Medical Studies, with Postgraduate Diplomas in Family Health and Yoga. Chairperson of Yoganjali Natyalayam and ICYER at Ananda Ashram, Pondicherry, South India (www.icyer.com), he is the Honorary President of the Gitananda Yoga Association of Australia and has travelled extensively, teaching in the UK, Germany, Italy, Switzerland, South Africa, USA, Australia and New Zealand.

Registration Details:

Early Bird Fee: $450.00 (includes accommodation, vegetarian meals, GYAssoc membership).

A Deposit of $150.00 is required by 30th October 2013 to secure a place. Balance is due 1st February 2014.

Enquires to Cathryn Doornekamp or Ann-Maree stoneylea@vodafone.co.nz
AGM

The Annual General Meeting of the Lotus Yoga Centre is scheduled on Friday 26th July at 7.00 p.m. followed by supper. We would appreciate your support and attendance at this meeting.

Please refer to the attached Agenda and the Chairperson's Report for the financial year 1/4/2012 – 31/3/2013.

Housekeeping

A few housekeeping reminders to those that attend classes and courses at the Centre.

Cellphones

Out of consideration for others, please turn cellphones off while the class or course is in progress.

Parking

Parking is inside the grounds, either alongside the Centre or in front, not on the road.

When a class or course is in progress, there is room for 8 cars to park comfortably on the sealed areas: 3 in front of the Centre and 5 in the driveway alongside. Any extras may park on the grass verge outside the front gate, or on the grass area to the immediate left inside the front gate. When dry, cars may park on the lawn in front of the Centre. Orange road cones indicate that the lawn is too wet to park on.

News from the Centre

Once again, the circular lawn in front of the old homestead is the breeding ground for toadstools. Each year they spawn without fail.

The orchard has supplied an abundance of feijoas and the two persimmon trees are heavily laden with fruit. The spectacular array of orange leaves is an impressive sight, camouflaging the fruit from the prey of hungry birds.

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.

Bruce McKnight for chainsawing firewood.

Brodie Andrews for weed eating and carrying out minor repairs to fences and the side ramp.

Sainy Roberio for pruning and trimming trees.

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.

Newsletter Disclaimer

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

The Centre has a lovely selection of Quote Books and Fridge Magnets, beautifully hand crafted by Valerie Roberts with inspirational sayings on sale as a fund raiser. Valerie attends taichi classes at the Centre.

**Quote Books $7.00:**
- Friendship
- General Inspirational
- Gardening
- Lessons from the Ark
- Lessons from Jigsaw Puzzles

($3.00 from each sale goes to the Centre)

**Fridge Magnets $2.00**

($1.00 from each sale goes to the Centre)

Upcoming 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:**

4 July 2013, 1 Aug 2013, 5 Sept 2013

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, that you have the key to liberation.

**Cost $45.00  Repeats $30.00**

Prior enrolments are essential.

**Regular Classes**

**Taichi Qigong and Yoga**

**Taichi Qigong:** Tuesday and Friday 11.30 a.m. Tuesday 7.30 p.m.

**Beginners Yoga:** 10.00 a.m. Tuesday, Wednesday and Friday.
7.30 p.m. Monday. 6.00 p.m. Tuesday.

**General Yoga:** 10.00 a.m. and 6.00 p.m. Monday and Thursday.

**Early Bird Yoga:** 7.00 a.m. Saturday

All classes are 1 hour in length.

No experience is necessary for the Taichi Qigong and Beginners Yoga classes.

The General Yoga classes are suited to those who are fairly flexible.

Everyone is welcome, including casuals.


**Products for Purchase**

**Organic Produce**

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

**Supplements**

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

Practitioner range supplements are available by appointment.

**Books**

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

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

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

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

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

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

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

*Full Members receive a 10% discount on books and supplements*

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**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.
**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

**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.

**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.

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 an appointment with Eric please contact Cathryn or Eric Doornekamp.