Our beloved Swamiji surely knows what is best for us, and the Divine will always do what needs to be done for our spiritual evolution. These are the two certainties that arise in my heartful mind and mindful heart as I sit down to write this report on a tour that has been such a mixed one with the greatest of highs followed by the lowest of lows.

All in all, I can only say that it has surely been a steep learning curve enabling me to see so many of my flaws that need to be worked on if I wish to progress further on this extraordinary journey of the Yogic life. If we aspire for the highest state of being, is it not necessary that we purify ourselves completely? And isn’t the fire of Tapas the only means to attain that crystal like clarity? When we go against the natural flow of normal life, we do have to be ready for the heat of friction that is necessary just as the pearl needs the friction to be formed.

Landing at Milan on 6th April 2011, we were lovingly received by Yogacharini Sabrina and her husband, the creative and artistic Johnny Dell’orto. Yogacharini Sangeeta was waiting for us at Sabrina’s house and we had a good rest that night before going on a lovely tour of Milan the next day. Sabrina had organised a special class with the teachers of the Associazione Artè - Centro Yoga – Milano and it was a joy to share my love for Yoga with such an interested group of sincere aspirants. Our extraordinary trip up to the top of the Duomo di Milano, the great cathedral of Milan was highlighted by Sangeeta and Devasena trying out new Yogasana tableaux that must never have been done on the Duomo in its entire history since inception! A trip to the Castello Sforzesco and its amazing museum of musical instruments was a special sensual experience for us three that was then later brought from the sublime to the gross level with tasty Italian gelato ice cream. The evening witnessed a gala get together of many of Sabrina’s students and friends who assembled to hear Sangeeta and me sing Carnatic music in Italian and blessed us both with spontaneous and appreciative responses at every moment. We also had a great trip to an old villa with its park and mini zoo called the Parco della Villa Pallavicino in the Stresa village on the Lake Maggiore. It was mind boggling to visualise the personality of that aristocratic woman who had travelled all over the world bringing back animals and birds from each and every country each time.

Sabrina and Giulia, the main organisers of the Milan Yoga festival gave me a nice opportunity to share my love for Yoga by inviting me to have a “Yoga Day” with Yoga enthusiasts on the 10th of April at Superstudio Piu va Tortona. We all enjoyed a great day of learning with Sangeeta translating for me as we worked on the various positive and negative aspects of stress learning in the process how Yoga enables us to move from Dis-Stress to De-Stress. Abinivesha, the Klesha of instinctive survival, spurs us to try and save ourselves at all times and at any cost. This is the main driving force behind the entire stress reaction that then leads us into the vicious spiral of stress disorders. The main change we need to make is to change our perspective for “If we do not allow the stressor to stress us, we won’t get stressed out by it”. If we perceive something to be a stressful threat to our survival, the stress reaction ‘kicks in’ but it doesn’t if we don’t perceive the situation, person or event as a stressful threat. A special Indian lunch was enjoyed by all the participants who gave such a lovely feedback throughout the whole day.

BACK IN THE UK AFTER 2 YEARS!

It had been more than 2 years since I visited the UK in the autumn of 2008 and a lot of pleasant memories flooded my mind as we landed at Heathrow. After a smooth landing and an unusually smoother bureaucracy at immigration, we found our way to the express train that ferried us to meet Yogacharini Kalavathi and Jeremy at Paddington. A nice walk through
the by lanes of London got us to the hotel that was to provide a pleasant stay that night with a lovely English breakfast the next day.

Picking up some supplies we enjoyed a nice picnic lunch in the Kensington Gardens and we traversed them and the famous Hyde Park filled with lovely old trees. Photo time was not far away as we spotted the park benches that reminded me of Ammaji’s great photo of me as a child sharing the end of a park bench with an old man at the other end. Of course this time Devasena and I were on it together as Kalavathi and Jeremy clicked away to posterity!

The children filled Princess Diana Memorial and the Serpentine pond filled with boaters and swans were passed as we reached the Hyde Park Corner. We enjoyed a nice vanilla ice cream with a chocolate stick in a cone as we walked down to Westminster Abbey, Big Ben and Buckingham Palace. St James Park was another lovely sight with all the flowers in bloom and we saw the London Eye that will be on my list of ‘to do’ things next time. A pleasant walk down to the Trafalgar Square gave us a chance to see the giant stone lions and the National Gallery. A lovely evening view of the Nelson memorial with Big Ben in the background set us up for a nice Japanese dinner at the Wagamama.

Then the greatest time of this tour as we went to the Ambassadors Theatre to enjoy every rhythmic and stunning minute of STOMP. Such a great and novel idea executed to perfection and spiked with comedy. The team work was clinical as all eight performers went on a riotous spree of making rhythm with everything they laid their hands upon!! Match boxes, gas lighters, sticks, bins, pipes, tin cans, brooms and brushes became rhythmic instruments and even the poor water filled kitchen sink was not spared. Stomping away to glory they captured the imagination of the enthusiastic audience who joined in the rhythm willingly. We loved every moment of the show and I am already thinking of what the kids at YOGNAT can do with such an idea!

A lovely much need sleep that night and then off we went on another walk as we went to visit the Royal Albert Hall and the magnificent Albert Memorial with such lovely statues representing the colonies, especially loved the elephant in the Indian one. A visit to the spectacular Harrods filled me with awe for it is filled with such opulent extravagance!! Amazing that people have so much money to buy all that stuff, or do they really have it anymore?

YOGA IN SOUTH WALES

We all made a train trip from London and reached Pontypridd in time for me to give a Yoga class that evening. Staying with Kalavathi is always a pleasure for she and Lloyd are indeed a “made for each other” pair. Keshavan and Hamsa are growing beautifully and this time we had the opportunity to do a Salangai Puja for Hamsa who learnt Hari Bhol from Devasena in a few hours. They both got along so nicely that we could convince her to perform for the group during the retreat. Teaching a class for Kalavathi’s students at Pontypridd and Cardiff was enjoyable for they have been well trained and we had fun teaching another class she runs for a group of senior citizens. We all also went on an educative tour of the Castell Coch, the Red Castle near Cardiff that has amazing interiors modelled on medieval times. Many panels with excellent interpretations adorn every part of the Castle.

We had a great time celebrating Tamil New Year on 14th April with a cultural performance by Devasena and me at the India Cultural Centre in Cardiff. Lloyd set up the most perfect audio system for the performance and the recording has come out so well that anyone would think it was happening live if they were to hear it at anytime. Kalavathi had gone to great pains to organise the event and so many of our dear students and friends assembled creating a nice and relaxed family atmosphere. The photos taken by Jeremy’s father Mr Dixon have
turned out to be the best ever ones of me and Devasena performing. Such love shines through in each and every one and I will never forget the moment when he said, “Dr Ananda, you look even younger than when I saw you last two years ago”! I hereby happily bestow upon Mr Dixon the special award of being, “Dr Ananda’s Best Photographer”.

THE 5-DAY RETREAT AT HILSTON PARK

Having had a very successful 3-day retreat in South Wales during my last UK tour in 2008, we decided to utilise the same excellent venue, the Hilston Park near Monmouth. It is indeed a very special place with lots of sunshine, fresh air and greenery all around us in the lovely countryside. A group of 40 gathered for the 3 days portion of the retreat while a dozen were able to dedicate themselves for the entire 5 days. Kalavathi had made wonderful arrangements and done the Herculean task of getting everyone’s travel schedules linked together so that all could arrive and leave without any hassle. The food was exceptionally good and it seemed the creative chefs were trying their best to show off all their vegetarian culinary skills to impress the one vegetarian Yoga group as most others seem not bothered! The good natured, helpful staff members of the centre went out of their way for us and were so cheerful in their dealings at all times, that we did at a point wonder whether they were the real Yogis!

It was a special retreat this time as many ICYER graduates and Ashram regulars came from different parts of the UK and Europe to share these special days. Saradha and Niraimathi from the UK, Sita Devi from France and Vijaya, Christiana and Mathias from Germany enabled all the ‘newcomers’ to get a real Ananda Ashram experience. Sally and Surender brought little Siddhartha and some of their students with them while Catherine and Dr Vinod Kumar made the trip down from Ireland and Scotland respectively. My dear friend and student Maxine brought some of her lovely students down from London and with Shirley Ball and Cathy Davis coming up from Cornwall we truly had the entire United Kingdom in Yogic attendance.

The amazing and dedicated Bernadette had made the long journey all the way from Australia to be with us and added so much to all the 5 days. She is a very special soul and her dedication to Gitananda Yoga and the teachings of my dearest Sri Bala please me to no end. Her across the world journey reminded me of the time when my dear and most loving Murali and Ann Maree travelled half way across the globe to South Africa to be with me last year. I am truly blessed to have such loving students ready to travel any length to be with me and enjoy the teachings of Swamiji and Ammaji.

In addition we had Janaki (June Chadwick) who is in her mid 80s and still attended every session and matched up to the youngest in her enthusiasm. It really touched me deeply that she had attended the retreat with Swamiji in the UK nearly 35 years ago and here she was again with us attending my retreats in 2008 and now with such love and respect. My dear Janaki, you humble me tremendously by your love, respect, Yogic attitude and infectious youthful enthusiasm. Janaki’s student John, now himself nearly 80 gave Devasena a special experience when he joined in on the dance classes and went through all the Adavu with youthful vigour thus being selected for the “ELDEST MAN TO EVER ATTEND A DANCE CLASS WITH DEVASENA” award!

Devasena really enjoyed the retreat and it was special to have her teach the parallel morning Hatha Yoga classes as well as give the dance workshops and lead the Bhajans. She also was able to convince little Hamsa to dance Haribol for all the participants thus bringing great cheer to all. The bond between her and Hamsa is so loving and adorable reflecting the greatness of the Guru-Sishya tradition based on love, trust, respect and care.
Jeremy is a special soul who has such a lovely sense of humour, adding so much to each and every moment of this tour. He was in charge of ringing bells and getting everyone into class on time and did such a splendid job. Other students of Kalavathi’s also attended the retreat, dedicating themselves towards ensuring the retreat’s success leaving no stone unturned in their efforts. It is a wonderful team that Kalavathi has built up and I am really proud of her teachings that reflect the best of Swamiji and Amma ji in them thus bringing out the best in both her as well as her students.

ANOTHER BIRTHDAY CELEBRATED AWAY FROM HOME

It was the fourth birthday in the past five years that I have celebrated away from home! A birthday in Italy, then one in Australia, then another in South Africa and now this latest one in the UK. No wonder so many of my dear students in Pondicherry are mad at me! Maybe this is the result of my having celebrated the first three birthdays of my life out of India before getting to celebrate my fourth birthday in grand style at Pondicherry. Of course that was the birthday when Swamiji anointed me his successor and so is the best one ever for sure by a mile.

Kalavathi had organised a tasty yummy cake and the celebration over lunch during the retreat but that morning seemed to have forgotten it was my birthday! No happy birthday wish or anything! Was wondering what was going on and then over breakfast Dr Vinod came up to me and said, “You know Dr Ananda, tomorrow is my birthday”. Well Kalavathi who was trying hard to keep me on tenterhooks had no choice but to start the party after that!

We had a lovely time and with Devasena dancing that evening to my music, I did have one of the best birthday gifts I could have ever had from her. To be with my dearest and most loving Yoga family on such a day, letting the great life changing teachings of Yoga flow through me, thus reminding me of my Swadharma, the purpose for which I have been born; what better gift could I ask for?

When I got to Cathy’s home after the retreat, and had access to a computer again, Ammaji’s beautiful email in her inimitable style reminded me once again of what a blessed life have in this incarnation.

_Divine Son: A Meditation on Your 39th Birth Day._ It was the start of a new life, a birth for me into a higher level of consciousness at 12:40 pm April 16th, 1972. Ammahood was a leap of faith into a certainty that human life was Sat, Chit, Anandam! Thank you for that experience! You have never caused me even a moment of trouble in 39 years! You have been constantly a source of Anandam. How fortunate I am that you liked my smell! On your birthday today April 16th, 2011, your little children Dhivya and Anandraj woke up with a laugh and sang happy birthday to their Appa. Then they set eagerly upon their fun-filled day! What gifts they are! They are a “bonus” in my life! Have one, get two more free! They made you a greeting card which was sent to you over e-mail by Shalini (in between swimming, playing, eating, studying Maths and Hindi etc). I posted that card to you later to Savona Ashram paying Rs.2 late fee as it was a postal holiday, Mahaveer Jayanthi! Then I did Puja in Eswaran Koil and prayed for your long and happy life and constant welfare. At City Centre many tried to phone you and SMS you! We all thought of you with love. On Sunday Puja April 17th at Sri Kambaliswamy Madam we put a large Mala on Sri Kambaliswamy, in your name and announced your birthday to all devotees! As part of Prasadam Dhivya and Anandraj gave all present a delicious Jalebi, your father’s favourite sweet. Sunday night April 17th, several went out to celebrate your birthday and also to thank Krishnaveni and Sowmiya for their splendid work for the Programme at Iyyanar Koil! So – this is how we remembered your 39th birthday! You are now “running 40” – a milestone! May it be the best year of your life to date! We love you dearly – eternally, profoundly forever! Your Amma and her Peyti and Peran!
Lord Krishna tells Arjuna in the Bhagavad Gita that he will put into wombs of Yoginis those aspirants who fail to make it in their previous incarnation. I must have done some good in my past lives for I have been truly blessed in this one. I count my blessings with every passing breath and every passing every moment for it is only the Divine Ashirwadam that I have had the good fortune to be born into a family who lives, loves and shares yoga as eternal and conscious awareness. It is only the potent blessings of my beloved Guru-Father, Swamiji, Yogamahariishi Dr. Swami Gitananda Giri Guru Maharaj and my beloved Guru-Mother, Ammaji, Kalaimamani Yogacharini Meenakshi Devi Bhavanani that enable me to do my best at all times. It is truly a God given opportunity to have been born to such illustrious and yet “down to earth”, loving parents and his realization inspires me to strive in every moment of my life to live their legacy through my “Life of Yoga”.

A WELL DESERVED REST IN CORNWALL

Yogacharini Cathy Davis had driven up from Cornwall to be with us for the last three days of the retreat and brought her wonderful Shakti to the group. Post retreat she drove Devasena and me down to St Austell where she and her loving husband Dr Alan Davis live. Cathy and Alan had studied with Swamiji at Sri Kambalishwamy Madam nearly 30 years ago and at that time had brought their month old baby too for the entire 6-month course.

It was a wonderful and restful time for us as we did need a rest by that time having been travelling and teaching non stop for nearly 2 weeks by then. We had a lovely tour of the EDEN PROJECT that is an amazing idea to create awareness about the climate in various regions of the world and the effects of global warming etc for the present an future generations. It really opens the minds of the people to the climate and vegetation of other regions such as the tropical rainforests and Mediterranean. Of course it was quite funny to hear Devasena comment, “What is so special about this? We have all these plants and fruits at Pondicherry” as we traversed the Tropical Rainforest Biome! Well, I did have to explain to her that someone experiencing this in the UK would be like someone in Pondicherry getting to experience snow!!

We also had a chance to go around the hills and beaches of Cornwall and see the young guys and girls diving off the sidewalls into the cold water at the fishing village in Charlestown. The huge sail boats or rather ships were a special sight and it was funny to compare the Indian fishing village where we live at ICYER with this Cornish fishing village.

A nice walk around Truro, the main administrative centre of the county was quite educative in seeing how a city could be simple and elegant without high-rise buildings. We had a visit to the gothic-revival Cathedral, designed by architect John Loughborough Pearson and built on the site of the old St. Mary's Church, consecrated over 600 years earlier. We also had a walk down the famous Lemon Street that has fine examples of Georgian architecture. A brief shopping trip was then followed by a lovely spicy and tasty Indian dinner at the Kathmandu Palace to celebrate Good Friday.

We had a lovely class with students of Shirley and Cathy and it was a group of sincere and dedicated students who gathered for the two hour session. Shirley later wrote, “I so enjoyed my time in Wales and Cornwall with you both and meeting new Yoga people. Thank you so much for the evening you spent with us in St Stephen and the feedback I’ve had from my students has been wonderful. They really appreciated your time and felt very privileged”.

It was really interesting that on the very same day Alan was retiring after many decades of meritorious medical practice. I will never forget his comment after the class when he quipped that it must have been a message from Swamiji that he retired at 5 and attended my class at 7pm! He is such a lovely humane being. I am sure Swamiji wants him to combine his medical
experience and knowledge with the wisdom of Yoga as he can truly bridge both the ancient and the modern for the benefit of so many in the future.

THE VISA DRAMA UNFOLDS

With the blessings of our beloved Swamiji and Ammaji and the loving and strong support of Yogacharini Kalavathi, and the prayers from so many of our Gitananda Yoga family, Devasena and I finally got back home today after a week long hectic battle of nerves. It had been indeed a period of intense testing draining us of our physical, mental, emotional and financial resources.

It all started with us flying from Bristol to Milan (Bergamo) on 23rd April with Priyananda and Sangeeta ready to meet us there and take us to our “European home”, the Gitananda Ashram in Altare near Savona. We were to have nearly 10 days of intense Yoga and cultural activities with religious ceremonies at the Sri Lalitha Tripurasundari temple with dozens of my dearest Gitananda family members from all over Europe assembling for Satsangha.

“Man proposes but God disposes” is an old saying but this became so true that day as we found out at Italian border control. The moment we landed, we were refused entry as our visas had only a SINGLE entry stamp and we had used it by coming to Milan for a few days from 6th to 10th April before going to the UK!!! A simple bureaucratic error at the Italian consulate in Mumbai coupled with my careless naivety in not checking it, and the laid back attitude of Souvenir Travels in not pointing it out to me, had led to this dire situation of deportation back to the UK!

Tensions ran high as I managed to phone Sangeeta to talk to the officer and Priyananda managed to get right up to the immigration counter. The moment we landed, we were refused entry as our visas had only a SINGLE entry stamp and we had used it by coming to Milan for a few days from 6th to 10th April before going to the UK!!! A simple bureaucratic error at the Italian consulate in Mumbai coupled with my careless naivety in not checking it, and the laid back attitude of Souvenir Travels in not pointing it out to me, had led to this dire situation of deportation back to the UK!

If this was a test of the preparedness of the Gitananda family, we all passed it with flying colours. Priyananda and Sangeeta had got in touch with Hamsananda and by the time we landed at Bristol, Ammaji had been informed and Kalavathi was racing to the rescue. Luckily Kalavathi had been contacted and she was there to meet us at Bristol and take us home after we had cleared the UK immigration where we had sympathetic officers who were as surprised as us at what had happened! “Do the Italians want to make more money by issuing only single entry visas?” asked one of them incredulously.

The Gitananda Ashram went on the fast track and had sent off letters and requests for a corrected visa to London and Mumbai and also contacted the Indian embassy. Innumerable long distance phone calls, faxes and emails were made from Italy, UK and India criss crossing the electronic world tirelessly. Kalavathi and her talented and loving husband Lloyd, made us feel comfortable in their home once again despite the disruption of all their plans over the Easter weekend and the following week. The loving support given by the both of them and their lovely children touches a place that is very deep within our heart. We started to see the humour in the situation and even started making a list of 108 reasons why this happened. Chitra, Swetha and Bharat came over and organised a lovely Indian meal with Jeremy and Christine joining in to make us feel comfortable and it was such a surprise for Jeremy when we opened the door at Kalavathi’s home, for he hadn’t heard that we were back again!
Tuesday, the first working day after the holidays saw us rushing to Cardiff to meet the Italian embassy only to find out that they didn’t work on Tuesdays! Phone calls to Mumbai got us the classic response, “They can go back to India and apply for a new visa if they want!” The London embassy declined us an appointment and instead put us in touch with the visa office telling us to apply there. After many emails with the visa office, we finally got permission to apply for a new visa at the VFS in London.

We were all reenergised with great hope and expectation of a final and happy ending at Italy and with renewed vigour the Gitananda Ashram got all the new letters and documentation ready and sent it off to the consulate again. As the travel itinerary is most important they also purchased the tickets from London to Milan for Friday night spending more than 300 pounds. Shalini, Shanmugam and Velu worked overtime to get all the documentation done from Pondicherry and sent it to us by email.

Finally the “D” day arrived and Wednesday morning Kalavathi, Devasena and I set off for London hoping for the best. Kalavathi had made arrangements for the travel tickets and also organised the night’s stay at the home of her sister Mel and her husband Scott who live close to London.

And then, the nightmare at the VHS office! Right from the very word ‘Go’ the official handling our application was on the offensive. Kalavathi and Devasena got a taste of what I usually seem to evoke in women of power sitting behind desks! Fighting with our backs to the wall doesn’t convey what we were doing right from the start. Finally she snapped, “You never told us in your emails that you are in the UK on a tourist visa and hence we cannot accept your application”. Off she then stomped to talk to the official who had been mailing us and then 15 minutes later came back and said, “Italian Schengen visas can only be issued from the country of your residence and hence you have to go home”. We were totally stunned at the turn of events from HOPE to HOPELESSNESS and asked meekly, “Can we meet the consulate and try something?” “You can if you wish but there is no use, and remember”, she added for emphasis, “Watch out, we Italians have ATTITUDE”!!

I know that there is a reason for everything and that all that happens, is only for the best. Yet, this was one of those moments where you do doubt your own commitment and values. Had I let down all my students who love and respect me? How could I have prevented this from happening? What are the lessons for us all? I know that I will be back in Europe at the earliest for I need to replace ‘positive memories’ in the place of the ‘negative memories’ predominating at present. This practical form of Pratipaksha Bhavanam is the only way I know that can enable me to set right my naïve mistake that has resulted in so many of my loved ones getting disappointed and hurt. It is our responsibility to care for those who love and respect us and I will never let my loved ones down.

To relieve the tension we went for a walk along the streets of London passing St Paul’s Cathedral, crossing the Millennium Bridge and viewing from the distance the Tower Bridge and London Bridge on the way. As we set off on the boat, traversing the Thames back to the Victoria station, the amazing ‘superwoman’ Kalavathi set to work on organising our return tickets. Imagine trying at such a late moment to get our return tickets changed from Milan-Dubai-Chennai to London-Dubai-Chennai. Whereas my travel agent said he needed a full working day to do something like that, she did it in an hour! Yogic skill in action indeed.

A pleasant overnight stay with Mel and Scott gave us a chance to meet more of Kalavathi’s family, and then we were off to Heathrow to catch the flight back home. Sometimes small things seem kinder and when the lady at the Emirates desk said, “You have to only pay 250 pounds and not the 300 quoted yesterday”, I found myself thinking, “Swamiji, you do have a
sense of humour” for I finally found a lady behind a desk giving me reason to say, “Thank you madam”.

FROM THE ASHES SOMETHING NEW SPROUTS

As we flew back home, my mind was thinking about what had happened and was trying to find the reason for it to have been so. The more I thought, the more I realised that the way forward was to adopt an attitude of Pratipaksha Bhavanam and create positive memories to replace the negative ones. I started thinking of all the possible permutations and combinations that could help me get over the feeling of ‘not being able to fulfil my dharma’ thus letting my dear Yoga family down.

Skype® is a Godsend in this regard and once we landed in Pondicherry, I started getting the computers ready and set up and after a test run we realised we could have an e-Satsangha with my Yoga family assembled in the Gitananda Ashram in Italy. Criss crossing the world we were once again reunited thus creating the FIRST EVER e-Satsangha in the history of the Gitananda Yoga Tradition! 90 minutes of interaction was facilitated through Skype® and the Ashramites had organised the computer in the Shakti Mandir of the Gitananda Ashram with me projected on the big screen for all to view. It was a special moment for me as I felt the emotions rise and fall as I talked to my dearest yoga family who had come all the way to Italy to meet me. We were together again and no visa officer could deny us this pleasure!

Seeing Swami Yogananda, Priyananda, Hamsananda, Atmananda and Ma Uma Shakti brought tears of joy to my eyes and to add to the joy I also could see and hear Sangeeta, Latha, Prema, Janita, Sridevi and so many others who had come to the Ashram for me. The next day we had the FIRST EVER e-concert too as I had requested my musician friends to assemble in the ICYER Satsangha hall to make music transporting us via the internet to Italy! Another lovely hour and a half of pure joy in being able to perform for my dearest souls at the Gitananda Ashram relaying live from ICYER to Gitananda Ashram, a manifestation of modern Siddhis in action.

As Sridevi later wrote, “Dear Ananda, Your e-Satsangha was a special sweet, a special Laddu. Thank you very much for being with us - wherever we are - even through space and ether”.

Sangeeta summed it up perfectly when she said, “Just great sir! It is wonderful to be here in the Ashram and, AT THE SAME TIME, to be with you in Ananda Ashram in India! Wonderful to hear you sing, to see you, the family, the musicians, the dogs”!

Being able to ‘BE’ with my dear ones in this way helped wash out the negative emotions that had accumulated over the past week as I felt I had failed my Dharma by not being where I should have been for those who matter to me and for whom I matter. Thanks to Swamiji and his teachings I was able to realise that I could still fulfil some part of my Dharma this way rather than sitting and crying over the spilt milk.

Thank you dear Swamiji and Ammaji for inculcating a sense of Dharma in me from day one of my life and for giving me such opportunities to grow every day and in every way.