



Ramamani Iyengar Memorial Yoga Institute (RIMYI) and Light on Yoga Research Trust, India

A few decades ago people looked forward to postmen, as they would be carrying messages from their near and dear ones. Later, they became carriers of more of solicitations and less of messages. The last decade saw the emergence of electronic mail but this messenger also has gradually become a painful source of junk and Spam interspersed with the real messages. Popularity of any form, be it a subject or a means of communication, brings with it corruption. Purity of the subject is often compromised for its popularity. The idea of this messenger, Yogadoot, is to keep the practitioners of Iyengar Yoga directly in touch with the source. We hope that the small news snippets, the hints for practice and thought provoking insights into the practical philosophy of the subject aid the reader in his/her practice.

This issue of Yogadoot was scheduled long ago. We sincerely apologize for this inordinate delay due to some unforeseeable circumstances.

Celebration Time: Guru Purnima

"Guru Purnima is an auspicious day to remember *parampara* and to pay respects to all previous Gurus through our Guru". Thus began Gururji's message on Guru Purnima day which was celebrated this year on 2nd July. A large gathering was present at RIMYI to pay their respects to Gururji and, through him to all previous Gurus. As Prashantji earlier explained, a Guru is not just a teacher, but also an institution. Our Gururji, he explained, had a legacy of various Gurus in his past lives. It is for this reason that we cannot call Guru Purnima "Teachers Day", as it is not a day to wish any individual teacher.

Prashantji warned us that these days, teachers had become commodities that can be chosen and selected according to one's liking- just like in a supermarket. He then made a very thought provoking statement that sometimes we go to a Guru without having the qualification of a *sisya*. The search for spiritualism is an internal one and though a Guru transcends us he is also

imminent in us. A Guru is a mystical concept embodying an entire *parampara* (chain of culture, thoughts, Gurus).

Prashantji's introductory talk was followed by the invocation to Sage Patanjali and Gururji's message.

Gururji released a new book *Yoga Chandan* in Marathi and also a copy of the latest *Yoga Rahasya*.

Guru Sandesh (message)

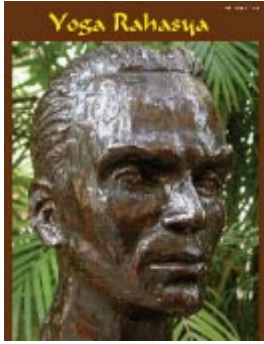
In his message on this auspicious day, Gururji urged us to remember *parampara* (tradition) and pay respects to all previous Gurus and Gurus of Gurus. He reminded us that we all seek spirituality but we cannot obtain it without breaking the shackles of distractions around us. He explained the link between health and salvation and how, without health, salvation is not possible. He then gave an exposition on the 7 states of health and 7 states of consciousness. Gururji explained how to identify and overcome the impediments so that we can achieve not mere physical health but conscientious health i.e. innermost health of mind and spirit. Gururji's talk redefined the concept of health, elevating it beyond the definition given by modern health clubs and gyms. A transcript of the message will be available in *Yoga Rahasya* shortly.

Quotable Quote

Meditation is nothing but
Savasana of the brain.

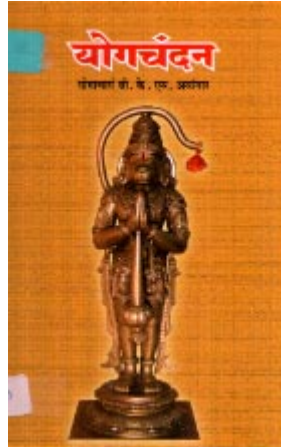
--Gururji BKS Iyengar

New Releases



Yoga Rahasya 11.3, 2004

This issue contains 19 articles covering a variety of topics. Many of these are anecdotes of Guruji and his early pupils and also scanned images from his personal diary of the 1950s. It also contains some more glimpses into his teachings during his 85th birthday.



Yoga Chandan

This book in Marathi is a compilation of 6 essays by Guruji. A treat for the Marathi readers. Hopefully, it should be translated one day for a larger audience.

Practical Hint Virabhadrasana III



We often struggle to retain balance in *Virabhadrasana III* and in the process we are unable to appreciate the real essence of the *asana*.

To attain good balance, move your attention to the middle of the lateral side (little finger side) of the palms. Extend this part up to the tip of the little finger. Observe the extent of balance and stability that you get.

Learning from Guruji - Charity

Charity begins at home goes an old English adage. Guruji has refined the meaning of this quote. Expression of his dream project of uplifting the villagers of Bellur is becoming evident. Just over a year ago, students in the village did not even know about Guruji and his achievement. Yoga was totally unknown to them. Today, they proudly display their yogic skills. Walk through the village and they immediately try to inform you of their next yoga class.



They are totally unmindful of the stone and gravel on the street as they display their ability to balance in *Tolasana*!

The first ever temple of Sage Patanjali will be inaugurated in the village on October 31, 2004. With the grace and blessings of the Lord, other activities of the project would proceed.

A huge water storage tank will be constructed to satiate the requirements of the villagers and with the grace of God; potable ground water has been traced.

Guidelines for the discerning practitioner

- The *vyana vayu* pervades all over the body and is mainly felt on the skin.
- We cannot progress in an *asana* without the cooperation of the *vyana vayu*. However, we fail to study it while doing an *asana*.
- For example, in *Sirsasana*, we lose balance if we expand the *vyana vayu* in the legs. When the *vyana* comes in and compresses the legs, like an envelope, then there is stability.
- On the other hand, in *Sirsasana*, the *vyana* in the upper arms

must expand for stability.

Study the contraction and expansion of *vyana vayu* to attain conscientious health.

Feedback

Please send your feedback on *Yogadoot* and your suggestions to info@bksiyengar.com