



S
|
h
|
a
|
m
|
b
|
h
|
a
|
v
|
i

<http://balanceyogamumbai.wordpress.com>

Email: balanceyogamumbai@gmail.com

Mbl: 9769545026 / 9769281523

Ph: (022) 4215224

April 2010

The Joy of Suffering

Last Sunday I went to the famous temple Babulnath. As I meandered uphill along the long narrow steps leading to the temple I saw a group gathered, fervently worshipping a deity under a banyan tree. Two big black eyes beamed fiercely at me. They could be no others than Shani Devata.



Shani is the embodiment of the planet Saturn. It is said that when Shani first opened his eyes as a baby, the sun went into eclipse; this shows the impact he has. Astrologically Shani or Saturn is the planet that lays obstacles in your path. He could therefore be considered as the greatest of all teachers.

However on this warm Sunday morning the worshippers looked to be praying for the obstacles to be removed. Desperately trying to pass off the buck to someone, or buy up a contract to make life easy.

I wonder why people ask for such things. Why don't they ask for inner strength, or ability to face the difficulties and rise above them? Because when difficulties do arise we tend to become afraid and tremble. I remember one of the famous prayers of Sw. Vivekananda which he always use to sing "I do not pray to protect me from the difficulties, but I pray you my Lord, not to be afraid in the worse of any difficulties". It is the difficulties, the struggle, the hardship that shapes a man not the easy life. We all know that every great men had to face them in some form.

In actual fact, passing of the buck or buying up a contract for an easy life is rejecting God's gift to us. My Guru Sw.Satyananda said "Bear insult, bear injury, adapt, adjust and accommodate – this is the greatest sadhana. Sadhana doesn't mean to sit quietly for days not moving, not eating or drinking, it is the ability to endure the difficulties that have been placed before us. Always remember if God loves us and wants the best for us, then surely these obstacles are for our own benefit and growth. Embrace the challenges and discover your greater self.

As a final note I thought I'd add this wonderful "Easter "reference of Jesus' response to suffering and obstacles in life with an excerpt from "The way of the Cross" by Anthony E. Sketch. MMB 1991

In life, we cannot avoid suffering and death, it may be possible to escape suffering for a time or to ignore it, to ease it or delay its coming. But it is not possible to say there is no suffering or to run away from it entirely.

As followers of Jesus Christ, our response to suffering cannot be one of passive acceptance: it has to be one of active acceptance of the Fathers will. Jesus encounters suffering at the deepest level and in all its forms; his sufferings are gathered together by the manner of his death; the cross. So we turn to jesus to teach us how to lead our lives, how to bear suffering and how to die. We seek in the life and death of Jesus an understanding of life, suffering and death; an explanation and a hope that life itself cannot give.

HARI OM TAT SAT

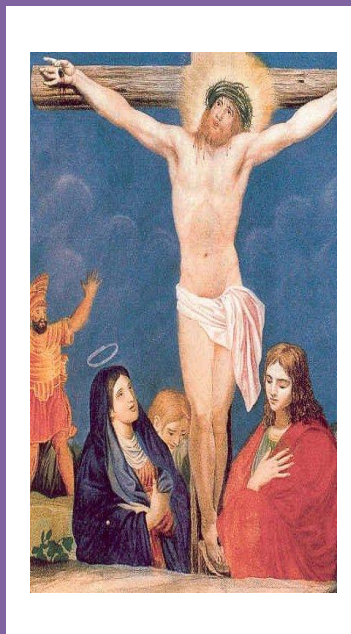
*Wishing you all a very Happy Easter
Sw Manomurti Saraswati*



Whats happenening in April

- ✘ 02 Good Friday
- ✘ 04 Easter Sunday
- ✘ 14 Vaisakhí (Sikh festival)
- ✘ 28 Therevanda (Buddhist New Year)

GOOD FRIDAY 2nd April



Good Friday is and celebrated by Christians to mark the death of Christ. In the Bible it was this day that Jesus Christ was crucified on the cross.

Christians usually remember this day by holding an evening church service, usually around 3pm, the time that Jesus would have died. They observe fast and remembering the events leading up to his death. Why is this day considered good? Well although the events of the day may not be very good, it is considered that the results of the day were considered favorable as God showed his love for us by allowing his only son Christ to die on the cross to save us from our sins.

All over the city churches hold beautiful services and if you are able try to join the service of the **Stations of the Cross, it is an inspiring reflection on one's own path and obstacles in life!**

Easter Sunday

Christians believe that Jesus came back to life though resurrection on the third day after his death, and this celebration falls on Easter Sunday!



Easter also marks the end of the 40 days of Lent and is a time of celebration after a time of penance, discipline and prayer.

Hot Cross Buns

Traditionally Christians eat Hot cross on Good Friday, the cross on the top a mark of the crucifix.

It is also said that sharing a hot cross bun ensures the bond of friendship for that year.



They are available in bakeries all around Bandra and most luxury hotels



S h i b h a m b h a v i

"The 18 virtues, for everyone's success in life and especially for an aspirant's success in spiritual life, it is essential that he should develop certain cardinal virtues. Virtue is strength, power and key to Peace.

The 18 'ities'

Serenity,
Regularity,
Absence of Vanity,
Sincerity,
Simplicity,
Veracity,
Equanimity,
Fixity,
Non-irritability,
Adaptability,
Humility,
Tenacity,
Integrity,
Nobility,
Magnanimity,
Charity,
Generosity,

Sankalpa for April: SINCERITY

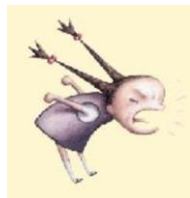
Sincerity makes the very least person to be of more value than the most talented hypocrite.

A man is morally free when he judges the world and judges other men with uncompromising sincerity

Our love must not be a thing of words and fine talk. It must be a thing of action and sincerity. (1 John 3:18)

Sincerity and truth are the basis of every virtue

Yoga Capsule: Temperature Tantrums



As the sun begins beating down on to our heads this April, is it any wonder that we are all getting a little hot headed. A snide remark here, a cross word there, overreacting to small things that we normally let slide. All signs of temperature tantrums to me! Here's a yoga capsule to help cool those heated moments.

Shashankasana

Sit in Vajrasana
Inhale and raise arms straight above the head
Exhale and bend forward
Rest with hands & forehead in front of knees.
When practiced with ujjayi pranayama, it helps eliminate anger and very cooling for the brain

Bhramari

Sit with legs crossed.
Inhale and plug the ears with the thumbs. Exhale slowly while making a gentle humming sound with lips closed and teeth slightly separated. Just like a bee. Continue as long as required to relieve anger & HBP

Sheetkari

Sit with legs crossed.
Hold the teeth tightly together. Separate lips
Keep tongue flat and slowly breathe in deeply through the teeth. Exhale through the nose. Repeat x9
Cools body & mind and regulates body temp.



Note: These practices should be learnt properly from an experienced teacher before attempting on your own. They may have contraindications that one should adhere to.



Shiamak Davar's Institute for the Performing Arts

Shamak Davar's Victory Arts Foundation (VAF)

During March we had the opportunity to see Shiamak Davar perform at the Hope for Haiti Fundraiser, after his breathtaking performance, he danced along with his special group of special needs children, trained through VAF, it was very inspiring to see.

Here's an excerpt from his website, <http://www.shiamak.com/> about VAF:

Shiamak Davar possesses a passion for dance like no other. He inspires Indians everywhere to dance with absolute abundance, pushing aside all discrimination of age, gender, caste, ability or impairment.

Through Victory Arts Foundation (VAF), his not-for-profit organization, Shiamak endeavors to use the power of the performing arts to bring joy to the less privileged, specially challenged, visually impaired, terminally ill children and young adults, and all those infected/affected with HIV/AIDS, committing to making dance a meaningful experience for everyone. Bringing a smile to their faces and adding a bounce in their stride, VAF takes Shiamak's mission statement, 'Have Feet, Will Dance', one step further to 'Have Spirit, Will Triumph'.

VAF dance classes are focused towards improving self-esteem and building self-awareness among children of special needs, poor and needy. With their first faltering steps, some of the children and their parents had reservations about their ability to dance, but with constant encouragement, they were able to overcome their inhibitions and enjoy the experience so much, that it has now become an inherent part of their lives. VAF has also reached out to Adults suffering from Schizophrenia, paranoia, hallucination

Donations are utilized to fund dance programs, classes, performances and events for the less privileged, physically and mentally challenged children and adults.

VAF provides medical support to the poor and the needy and sponsors the education of the poor as well as conducting English Speaking Classes for the less privileged. The classes are conducted by the VAF Volunteers.

VAF conducts an annual donation drive named as Serve with Love. Volunteers, students of Shiamak Davar's Institute for the Performing Arts, well wishers and friends donate food grains, clothes and stationery items to the needy NGOs in every city.

Shiamak's instructors are trained in Dance and Drama Therapy, so that they are able to communicate, train and deal effectively with people of special needs.

