

Editorial:

If we were to choose one word that captured the spirit of "*Karma Yoga*"; it would be friendship, and it was the friendship that existed in the yoga community that brought the CYF into existence. Friendship arises from the mutual esteem and respect that we have for each other; the word "*friend*", comes from old English and German roots, meaning "*to love*", and "*love*", we define at its highest level, as "working for the development of the full potential of a being". In a teaching organisation such as the CYF, this may mean, when assessing the work of the students, being honest without causing upset. It was William Blake, who coined the phrase that "opposition is true friendship". In the spirit of "*Karma Yoga*", we could rephrase this to "Intelligent opposition is true friendship"; as it is a fine art, requiring a degree of sensitivity that enables us to share points of view and work together with students and each other in the heart-felt field of Yoga. Gordon Smith

Just a Reminder!

All contributions are welcome to help bring variety to the CYF Newsletter – the more the merrier! Any entries for the newsletter should be submitted to Gordon Smith, editor.

We are pleased to announce that our extra seminar day with

Dr Peter Yates of the IYN

Will be **FREE** to all members of the CYF.

This day is to be held on Sunday 6 July, 2014 at Acton Parish Hall.

See the CYF website for full details

www.yoga-teacher-training.org.uk

(or type 'CYF Yoga' into your Google search string)

Five Keys of Transformation: The yogic practice, by conscious application, enables the practitioner to overcome bodily, emotional and mental inertia and release of ancestral patternings and sub-conscious negatives; use these five keys to transform your life:

Key 1: Stretching is the key to youthfulness.

To lengthen and strengthen muscle groups, releasing the stresses and tension within the spinal complex – lengthening the supporting muscles of the spine and releasing the tensions from the spinal nerves. Opening and freeing joints by muscle/tendon proprioception and increasing afferent/efferent nerve responses.

Key 2: Compression is the key to toxin release and systemic good health.

By twisting and compression upon lymph nodes and inner organs, toxins are released and upon release, encourages a fresh flow of blood to those areas and stimulates circulation.

Key 3: Circulation is the key to bodily health.

The conscious direction of the circulatory flow can be achieved by movement and mind control.

Key 4: Mindfulness/Pratyahara is the key to peace of mind and calmness.

By practise of pranayama, breath control and mind focus/concentration, we can gain contentment.

Key 5: Meditation is the key to transformation.

By creating clear visualisation and ordered thoughts we ultimately become one with the essence of our own Being. Pam Smith (Parabhakti)

*'We are shaped by our thoughts,
we become what we think.
When the mind is pure,
joy follows like a shadow that never leaves.'*

Buddha

Ill Health: tends to negate the cohesive forces that link and hold the body in being; while Yoga, reversing this tendency, is conducive to wholeness and well being. We all know that when influenza strikes, how lack lustre and negative that the body feels; with many voices persuading us to do as little as possible. The body is alive with contrary wills, usually kept in check when we are fit and well, and which rise to the surface when we lack the energy to oppose them. Yoga is essentially discovering yourself as Will, and bringing yourself back to the "Here and Now", so that you stand in full consciousness, able to deal with the hidden persuaders, from whatever direction they come.

The negative effects of illness can be such that *Hatha Yoga* is not the first thing that comes to mind and yet, just one posture, the easiest in our repertoire, will start to bring about a positive change. By tying together loose ends and coordinating Mind, Feeling and Will, the whole body can be guided toward a more positive state of being. A house divided against itself cannot stand; therefore a yoga posture can help provide the focus and vision that will help us return to health.

Jnana Yoga cannot be divorced from Yoga as a whole and is more than the accumulation of knowledge for its own sake and can be the means of adjusting thought process toward a more positive frame of mind. A clear idea, fully understood, is a formulation of spirit, and when the focus is on the ideal *yoga posture*, it organises the energy within the body towards achieving its aim.

Every idea carries an emotional or feeling charge, therefore if we love what we are doing, the more effective we can be. At the highest level Truth and Love are intimately related, as Truth lays at the heart of Love, hence the ability of the **Bhakti Yoga** to look into the heart and discern the Truth that lies within.

Purity of heart is to will one thing and to achieve the highest we have to first attain unity of being, and the single posture can be the start of an apprenticeship along a road to **Raja Yoga** and Self determination, in which Mind, Feeling and Will, bring the body back into perfect accord.

Hatha Yoga is not an exercise program that blindly follows repetitive exercise routines; as each individual is unique, and not unlike Arjuna the charioteer, is in charge of their own vehicle of experience. Hatha Yoga brings light to bear on the body as a whole, and helps with the return to both psychological and physical health. Yoga Postures can be sitting, lying down or standing. Asana implies use of the mind and elevates the term Posture to a higher level.

The Integral approach to Asana is to first still the Mind and return to the 'Here and Now'; then to visualise a perfect Posture as a goal to be achieved. Then holding the form of the Posture in the Mind, to send Good feeling into the body, so as to energise the appropriate muscle groups and prepare the body; next to Initiate and guide the body in full awareness towards its goal. This psychosomatic approach is of particular benefit when there is disharmony in the nervous system. The following meditation will also help re-balance and re-harmonise each level.

Meditation:

Centring at the level of the abdomen, visualise and repeat the word 'Good.' Then at the heart (Feeling) level, visualise and intone the word 'Love'. Then at the head (Ajna), visualise and repeat the word 'Truth. Then repeat the whole sentence; it is Good to Love Truth.

Reverse this process with Truth at the level of the head. Love at the level of the heart and Good at the drive or belly centre. Aware of each level as you repeat True, Love is Good.

It is important that head and spine is perfectly balanced, yet free of tension during the meditation. (Gordon Smith – Founder Member)

THE MASTER WEAVER

*When grey threads mar life's pattern
and seems so out of line
trust the Master Weaver
who planned the whole design.*



*For in life's choicest patterns
some dark threads must appear
to make the rose threads fairer
the gold more bright and clear.*

*The pattern may seem intricate
and hard to understand
but trust the Master Weaver
and His steady guiding hand.*

(Contributed by Jenny Bull)

I BELIEVE IN ANGELS they are companions of hope that live in each conscious moment, lighting the pathways of life. They are God's artists and messengers, that ascend and descend, touching hearts and minds; inspiring and arbiters of invention. They are seldom seen as they have to shine through the fog of human disbelief, fear and suffering. They touch hearts and minds during quiet moments and in our dreams. Angels are heartfelt, life-enhancing and only barred by our own disbelief. They are spheres of intelligent light, providing comfort to the dying, guiding each to their spiritual home. They are the ones that descend with the rays of the Sun and re-enliven the Truth and Love enshrined in God's creation. They appear in many forms, inspiring both artist and writer. To discover your angels, learn to read not only with your head, but also with your heart. Then during moments of fear and doubt, simply name those who have inspired you; Jesus Christ; The Buddha; Eugene Halliday; St. John of the Cross; Jacob Boehme and others and if you have only understood them in part, they will still guide you across the fathomless oceans of uncertainty, to a brighter and safer shore. (Gordon Smith – Founder Member)

LISTEN

Listen to the silent words
On which space hangs
Its eternal forms.
The silent backdrop,
The all comprehending now.
Whose non interference
In the world of men
Judges none the less.

Listen to the stillness,
The unchallenging silence,
The action less action
That turns self willed motion back on itself.
That makes all judgement,
Self judgement.

There's nought else

(Gordon Smith – Founder Member)