



MADYA



Newsletter

November 2015

**You are Brahman
I am Brahman
The whole universe is Brahman
Whatever you are doing
Realise this truth
At all times
This Brahman – or the self-
Alone is the reality in
All beings.
Even as clay is the one
Real source
In thousands of pots.**

- Yoga Vasishtha 6.1.49

Next Yoga Day

**Marilyn Heginbotham
'Spring Clean...Renewal'**

**Sat 30th April 2016, 10.30am to 4pm
(doors open at 10am)**

Marilyn is an experienced and popular yoga teacher who teaches in the Uppermill and Rochdale area.

Full details of this yoga day will be in our next newsletter in spring 2016. However, as you've probably guessed, the day will be on the theme of renewal, cleansing and being ready and receptive all the new year will bring us.

This yoga day will be at our usual venue:

**All Saints and Martyrs Church
Wood Street
Middleton
Manchester
M24 5GL**

Seminar Cost: £20

All are very welcome! Free hot drinks available, MADYA stall. Please bring lunch, a mat, a blanket and wear loose comfortable clothing. Free parking at the venue.

**Thank you to Poornamurti and
Dharma**



Hello from Sadhana, MADYA committee member

Hari Om and welcome to the final newsletter of 2015. We have had a number of changes in MADYA this year, the most surprising being the resignations of Poornamurti in her role as chair of MADYA and Dharma in his various roles, including newsletter admin, IT specialist and all things technical.

Both Poornamurti and Dharma have been with MADYA since the very first meeting in 1999 and we will all miss them and their valuable knowledge, hospitality and dedication to both MADYA and Yoga. We said our official goodbye to them at the end of the Yoga day in September (see picture above) but it is actually "au revoir" as they are continuing to support MADYA in other ways for which we are very thankful and they may well be around at future MADYA days. As friends, teachers and fellow yogis we extend our thanks for their hard work and wish them well in all their future adventures.

The committee is happy to welcome new members in any capacity and warm thanks to Be and Polly for their support. I am continuing as treasurer and will take on the role of Chair. Carole continues her role with advertising, Shradda as deputy chair, Barbara as secretary and Karen as editor of the newsletter.

Many of you will be aware of the decline in numbers attending our events and as a result we have been reducing the frequency of the seminars. We are planning two events next year, in Spring and Autumn and will send out two seasonal newsletters.

I feel very privileged to be part of the MADYA committee and hope we can continue to share yoga in the true spirit of MADYA's original intent to develop and

increase the knowledge and practice of yoga in our area.

With Prem and Oms, wishing you all the best for Christmas and a Peaceful 2016

Hello from Devapriya (Karen Buckley) MADYA committee member

All of us on the MADYA committee would like to say an enormous thank you to Poornamurti and Dharma for all they have done and given to MADYA. It's unlikely there would have been a MADYA all these years without them and all their commitment and hard work. They have been, and still are, committed to enabling people to experience yoga in more depth with all its transformatory teachings (which is what MADYA is all about). Without them, the many fantastic yoga days we've had the fortune to attend would never have happened. We are very grateful to them.

Dharma used to produce the MADYA newsletter in the past. Recently, at their house, he showed us a few of the newsletters he'd created. Clearly much work went into these beautifully produced newsletters with much in them that is still of interest and relevance. The picture below is of the first MADYA newsletter. I've included two collections of quotes Dharma had put into the newsletters he produced.

Thank you Poornamurti and Dharma. You will be missed but as honorary members of MADYA, we hope to continue seeing you at MADYA yoga days.

Namaste.



Future Yoga Days

Please see below for our upcoming seminars. We only invite very experienced and qualified teachers. It would be hard to find such high quality seminars at such low cost anywhere else.

1st October 2016, 'The Heart of Spiritual Life,' Swami Krishnapremananda

Cost of each seminar is £20.

Update on MADYA

Thank you to all that have been attending our yoga days in 2015. It's been great to see so many of you. As we've been continuing to get

enough people coming to our yoga days we've been able to organise two more seminars for 2016 (see above). Beyond that, any future yoga days depends upon attendance at these future yoga days. Our reserves remain critically low (we rarely make any money on our yoga days) so any losses will use up more of these low reserves. So we'll see how things go and keep you informed...

Review of Last Yoga Day

'Chakras' with Swami Vishwamandala, 19th September 2015.

Swami Vishwamandala is a very experienced yogi and teacher from the Satyananda tradition. Her knowledge, teaching skills and her lovely personality shone through a wonderful day of yoga practice, which was thoroughly enjoyed by all who participated.

She started the day by giving a clear and concise explanation of the chakras, emphasizing that these are situated in our energetic body (although they have reference points in the physical body). She explained the symbology of them and how we are affecting by them.

We then started our practice with a therapeutic experience of lying in savasana enabling us to put down any fatigue, stresses and tensions we might have brought with us so that we could move closer to relaxed stillness. Following this, Swami Vishwamandala talked us through the rest of our asana practice, each posture being carefully chosen to reference one or more of the chakras and completed by a round of Surya Namaskara (Salutation to the Sun). We also learned that raising the toes and then putting the big toe back on the floor is very grounding because it connects us to the root

chakra, Mooladhara, as also does rubbing the tip of the nose.

Our pranayama practice began with Anuloma Viloma (mental alternate nostril breathing) after which we moved into the practice of Chakra Shuddi. With the awareness of the number of petals associated with each chakra, using movement of the breath and the use of bija (seed) mantras, we sought to purify the chakra system with this powerful practice.

After a break for lunch, there was a discussion of the morning practices and an opportunity to ask questions about these. Our afternoon started with the practice of Chaturta Pranayama and following this Swami Vishwamandala led us into a long and deeply relaxing Yoga Nidra.

The day ended with a profound meditation practice on the chakras, a wonderful end to what had been a fantastic day. So many positive comments from participants as they left demonstrated what an enjoyable and enlightening space this had been to share with a marvellous teacher. Definitely a MADYA triumph.

(Seminar review by Poornamurti)

Book Review

‘Spiritual Tourist: A Personal Odyssey Through the Outer Reaches of Belief,’ by Nick Brown

Nick Brown's entertaining journey into contemporary expressions of spirituality starts with bemused reports of alleged miracles in dreary North London suburbs and the appearance of Christ in the East End. The author's respect for the intensity of belief in such stories leads him to a journey along the Indian spiritual trail, staying amongst the passionate followers of the self-proclaimed

deity, Sai Babi. There is a brief trip to Tennessee to witness more alleged miraculous signs, but the tone is markedly more sceptical here. The book is at its most interesting when it provides the history of the Western "prophets" of Eastern spirituality, tracing the claims of Mr Creme in North London in the 1990s back to the story of the founding of the Theosophical Society in the 1880s by Madame Blavatsky. This hashish-smoking, circus-performing, Russian occultist was condemned as an outrageous fraudster in 1884, yet Theosophy has spawned an influential set of beliefs which clearly inform current New Age thinking. Mick Brown retains a healthy scepticism about some claims, but he also professes that he has "come to believe that the world is more of spirit than of matter", and so respects rather than vilifies those he meets. The result lies somewhere between Fortean weirdness and genuine spiritual searching. (From a review by Roger Luckhurst).

If you have read a book linked to yoga that you'd like to share, we'd love to hear from you. Please send a short book review to karenbuckley26@gmail.com

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Contacts

Interim Chair: Sadhana (Gail Booth), 0161 740 9927

Vice Chair: Shradha (Olive Eicke)

Secretary: Barabara Braiden,

barbarabraidan@hotmail.com
Treasurer: Sadhana (Gail Booth), 0161 740 9927
Newsletter: Devapriya (Karen Buckley)
karenbuckley26@gmail.com
Advertising Officer: Carole Sharples

Final Word....

Below are two collections of quotes. These were compiled in earlier MADYA newsletters created by Dharma:

God is Love.
-Christianity. 1 John 4.8

The great compassionate heart is the essence of Buddhahood.
-Buddhism. Gandavyuha Sutra

To love is to know me.
-Hinduism. Bhagavad Gita 18.55

My mercy embraces all things.
-Islam. Qu'ran 7.156

The hawk says all God did is good.
-Ashanti proverb. Ghana

Universal benevolence is my divine body.
-Shinto. Oracle of Sumiyoshi

The world is a garden, the lord its gardener, cherishing all, none neglected.
-Sikhism. Adi Granth, Majh Ashtpadi, M.3, p118



Let none seek his own good but the good of his neighbour.
-Christianity. 1 Corinthians 10.24

All men are responsible for one another.
-Judaism. Talmud, Sanhedrin 27b

Every selfless act, Arjuna, is born of the eternal, infinite Godhead.
-Hinduism. Bhagavad Gita 8.22

The best of men are those that are useful to others.
-Islam. Hadith of Bukhari

One who serves and seeks no recompense finds union with the lord.
-Sikhism. Adi Granth, Gauri Sukhmani M.5 pp286f

Guardianship is not to give order but to give one's self.
-Nyika proverb (Kenya and Tanzania)

