

Bringing the Light Forward

Issue 6, 2014

"For me, it is the Light in all religions that is my concern. Bringing the Light forward is the only duty I feel I have with the Ashram. I am not concerned about dogmas. Dogmas are man-made for convenience and to keep control over people. My concern is to bring the Light forward, and that is the point of the Temple."

Swami Radha, 1984 (talking about the Temple before it was built)

Initiation by Fire - New President's Message

The Temple is a symbol of Light. Why would the Temple burn? This is a question that has many possibilities and no definite answer.

It is a fact that the Temple burned. It is also true that the Temple burned only itself and on that windy Thursday evening of June 5th, it did not spread flames to the surrounding tall trees and nearby building. No one was hurt in the fire. And forty-eight hours later, when the last persistent smouldering in the arch was finally suppressed through firefighting heroics, the Temple was still standing.

The Temple stands, battered, wounded but whole, with areas of the dome deeply charred, with chunks axed out by firefighters to access the layer where flames ignited and shot up through the ring around the top. The Temple stands, predictions of roof collapse dispelled. The Temple - now a symbol of initiation through fire - asks for our help.

People write in or come by and express their concern and their appreciation. "The Temple is where I started to play music again." "The Temple is still standing. I am like the Temple - I too, can be healed." "Chartres burned and the people were saddened but their passion ignited an effort that created an even more magnificent cathedral."

At the Ashram we accept the facts, which include our sorrow and our determination. We process by listening and speaking. We keep on going, offering the teachings wholeheartedly to guests. We are starting to gather information about whether the structure will hold. We are researching professionals who will assess and report and help with our questions: How do we deconstruct? How do we rebuild? What knowledge and materials are available now that weren't before? What is our timeline?

For the past three years we have been refreshing the Ashram - updating design and words, drawing in younger leadership, entering a phase of succession. As we move forward, next generations have the opportunity to make the Temple their own. The Temple arose out of vision, devotion, effort and passion toward the ideal of Light as our essence, Light as the centre of all spiritual traditions.

What is the message of the Temple? We have the power of choice to determine the message. Is it a tragedy, an opportunity or both? Like breath - something ends as we exhale and something new begins as we inhale. Let's make our message one of unity, living the teachings that the Temple symbolizes by coming together to make it whole. Let's recommit to the underlying Light in ourselves and to the potential for transformation, peace and healing in the world. Together, let's rebuild the Temple.



Swami Lalitananda
President of Yasodhara Ashram



Swami Lalitananda became the new president of Yasodhara Ashram Society on May 1; the Temple fire started on June 5.



The Ashram remains open, safe and welcoming with courses, programs and retreats continuing as scheduled. Recent course participants remarked at the Ashram's resiliency and said they experienced the teachings in action during and after the emergency. We look forward to welcoming you soon!

[Opening to Intuition: Music & Consciousness, Kundalini and Dreams](#) - Tap into intuition through symbolism, music and art. Music & Consciousness, combined with Kundalini and Dream Yoga, encourages a deepening trust in a source within yourself that you can count on.

July 1-6

[Divine Feminine Retreat](#) - Who is Divine Mother? Who is She in me? Move closer to the feminine power through movement, drawing, reflection and mantra. Take time to seek Her in the natural beauty around you and to invite Her presence into your own heart.

July 4-6

[Shakti Camp for Teen Girls](#) - Designed for young woman aged 13-18, Shakti Camp is an Ashram adventure that includes dance, arts, hiking and swimming as well as yoga classes, journaling and group discussions. Grow in confidence as you look at your body image, personal power and self-expression.

July 9 - 13

[Light & Vibration with Swami Lalitananda](#) - What is Energy and how does it manifest? What are the secrets of the mind and heart? How do the mystical teachings of yoga help us to create the kind of world we want to live in? Join Swami Lalitananda, president of Yasodhara Ashram and editor of Light & Vibration, Swami Radha's final culmination of wisdom.

July 15-19

[Stilling the Mind Retreat](#) - In this four-day retreat you will learn various practices - including visualization, breathing techniques, concentration and reflection - to help you understand different levels of mind and to approach the mind's expansive potential.

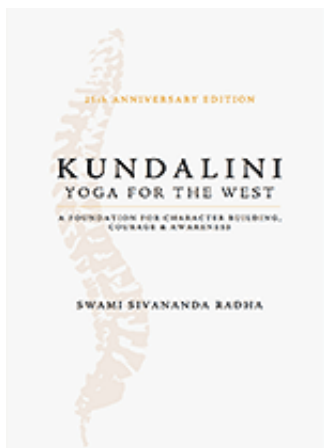
July 16-20

[Personal Retreats](#) and [Artist and Professional Renewal Retreats](#) are available year round at the Ashram - take time to renew spiritually and creatively.

Visit our [2014](#) program calendar.

TIMELESS BOOK
OF THE MONTH

The Temple Manifesting
Swami Sivananda Radha, 1989



Kundalini Yoga for the West

Swami Sivananda Radha

"There is a vast potential that lies within each of us - the potential of energy, power, heightened perception and awareness.

Evolution for humans must now refer to evolution of consciousness, and Kundalini offers a blueprint of the vast mine to be tapped."
(p 23)

www.timeless.org



On the Temple site after the eighth arch was raised in 1989, Swami Radha emphasizes our choice in how we use power. When we bring together the unmanifest and manifest within ourselves - our invisible potential into the world - we use our power in service of the Divine.

[View the video](#)

Support for the Temple



REBUILDING THE TEMPLE OF LIGHT

Many of you have written and called to say that the Ashram is your spiritual home and that the Temple is a symbol of the Light in your life. You are asking, How can I help?

The Temple was not covered by fire insurance but for a number of years we have been creating a self-insurance fund. We don't yet know



[Make this photo my desktop image](#)



the costs of deconstruction and rebuilding but it will be much greater than this fund. Donations of any amount are greatly appreciated.

We will also need extra hands during the extended rebuilding process and will be asking for help when the time is right.

Another significant way to help is to come for a course this summer or fall, bring a friend or encourage someone new to experience the Ashram.

Stay informed about the progress at our [new webpage](#) which will feature stories, photographs, progress updates, fundraising news and your comments.

Thank you for supporting the vision and renewal of the Temple.



Satsang Live! Sunday, June 22 at 7:00 pm Pacific



Tune in for an impromptu satsang from the Ashram!

This is a way we can come together as a worldwide Yasodhara community, connecting and offering support as we each adjust to the reality of the Temple fire. We also want to assure you that we are all still here, functioning and well. This regular satsang will include bhajans, rituals, mantra and talk as well as a live interactive chat.

Tune in [here](#).

Please note: Our quarterly Bhajan Blast will take place on the beach in July, date to be announced.

Strawberry Social June 28, 1:00 pm - 4:00 pm



The Ashram kicks off summer with fresh strawberries and cream at the 19th annual Strawberry Social on Saturday, June 28th, from 1 to 4 pm. There will be music, great bargains at the used book sale and a KidsZone. At 2:30pm, we will also offer a special thank you to our volunteer firefighters and emergency services for their outstanding efforts. We welcome our friends and neighbours!

PERSONAL PRACTICE GUIDE



Video

"Energy"

Reflection Questions

We would like to pass on two questions that have helped us process the Temple fire and to simplify what we are setting in motion at the Ashram:

1. How am I using my energy? Reflect on your day.
2. How do I want to use my energy? Set your priorities and put them into action.

Swami Radha reflects on vibration and how it affects us in daily life.

▶ **Watch the video**

For more Teaching and Reflection ideas, which were prepared this month by [Yasodhara Yoga Calgary](#), [click here](#).

Audio

Swami Radha encourages us to deepen our experience in our practices through questions such as: What is the energy we create through Mantra? How do we become magnets for the Light? How can we foster love for the Light?.

🔊 **Listen to the audio**



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NEWSLETTER ARCHIVE

