



Shanti E-News 12th November 2007

"Life is uncertain, change causes fear, and latent impressions bring pain - all is indeed suffering to one who has developed discriminations".

The Yoga Sutras of Patanjali 2.15

Yoga is a centuries old spiritual tradition, science and art that proceeds from the knowledge that all life is interconnected. When we perceive ourselves to be cut off, alone or separated from life, we suffer.

As a consequence of our false perception, our actions in the world may be ignorantly misguided, causing unnecessary pain to ourselves. Yoga tells us that we can disentangle ourselves from this morass of suffering and also prevent suffering for others. We achieve this unitive state not through blind faith or mechanical observance of rituals but through a no-nonsense practice of the eight limbs of yoga.

The eight limbs consist of moral codes for living ethically (yamas and niyamas), somatic practices (asana) that bring us into truth of our embodiment, and breath practices (pranayama) designed to resynchronise our individual rhythm with the primordial rhythm of the universe. Through consistent practice over a lifetime, we learn to recognise what is really important and to let go of impermanent objects and transient thoughts and emotions (pratyahara). Through the recognition of what really matters, we learn to concentrate our mind and life (dharana) on those things that are of lasting value. With practice we learn to maintain our equanimity in the most difficult of circumstances (dhyana) and thereby liberate ourselves to reach our highest potential (samadhi). As wonderful as all this may sound, Yoga is not a spiritual tradition suited to theorists. Yoga is for those who have discipline, tenacity and devotion. It is a pragmatic science where everything is tested and verified through direct experience.

Below is a paragraph from our e-newsletter outlining Shantiji's upcoming teaching trip in Melbourne. Please join her.

Shantiji in Melbourne

SITTING IN THE HEART OF THE WORLD: 16-18 November 2007

Noble friends, this weekend incorporates deep teachings from The Heart Sutra and will involve eastern philosophy explanatory talks, guided meditation periods, discussion groups and real yoga practice.

Shanti Gowans will guide on The Heart Sutra via a word-by-word examination of its meaning, using the simple contemplative methods that work so well in the teachings as well as a deeper look into emptiness and wisdom, which are the two main topics in the sutra. Wisdom is the capacity to see the true nature of phenomena. From this wisdom, compassion for all beings arises naturally along with the power to accomplish compassionate actions and to overcome inner and outer obstacles. Since everything is but an apparition, perfect in being what it is, having nothing to do with good or bad, acceptance or rejection, you might as well burst out laughing.

Join us again for teachings by Shanti Gowans, a much-loved teacher who herself embodies these three principles. Also included are Pranayama, Discussion, Yoga, Breakfast, Lunch and Afternoon tea, Deep relaxation (nidra). The program is open to all levels, new students, old students, teachers and instructors. Shantiji has been teaching Yoga and Meditation in Australia since 1972 (for over 35 years) which has translated into a deep understanding of the experience of yoga.

Venue: Southern Yoga & Health Centre 1st Floor, 24 Station Street, Moorabbin. Victoria
For bookings please contact Christine, Ph: (03) 9553 0162.

For further details about Melbourne events please visit the Melbourne Events link on our gorgeous NEW WEBSITE, thank you, thank you, thank you Hilary.

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Namaste.

Shanti Yoga

Celebrating 35 years in Yoga Education in Australia

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