

DECEMBER



Svaroopaa® Yoga at Tranquility Wellness

Newsletter

December 2019

Namaste

The holiday season can be merry for some and depressing for others. To be truly merry is an inside job. Find the tranquility and bliss in your own heart. Go with the inner flow. This means go with the wisdom and timing of your own heart rather than rushing to keep up with your shopping cart. Keep your inner candle lit: don't let the turmoil of others blow it out! Be a light unto others! We wish you a resolutely merry heart and the happy days that will inevitably follow.



Topics in this newsletter (linked to the location of each topic):

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Contemplation of the Month: It's All Divine

This month's quick fix is the biggie, the quick fix of all quick fixes: realize that God -- or in yoga terms, Shiva, or the One Divine Reality -- is everywhere. God is being you and being me. God is omnipresent. It's all Divine.

This is another way of saying God is omnipresent. Perhaps like me, you have heard the word "omnipresent" many times in your religious upbringing. You heard it so many times that it gradually lost meaning. Just a word. Just a word in the Bible. Just a word from the mouth of your pastor or rabbi. Just "another" word like omnipotent and omniscient.

But this quick fix requires that you do some work and change your perspective. Change the way you see things. Instead of seeing this as God and that as not God, see it all as God. See God in everyone and everything. Swami Nirmalananda's homework assignment for you:

"Cultivate a yogic state by seeing the Divine in all, even the hard stuff. When you look back at the tough times of your life, you may be able to see that you benefited from them. You grew in unexpected yet needed ways. The darkest nights yield to the most brilliant sunrises. Blessings sometimes come in strange packages. Can you learn how to welcome them? It's all Shiva."

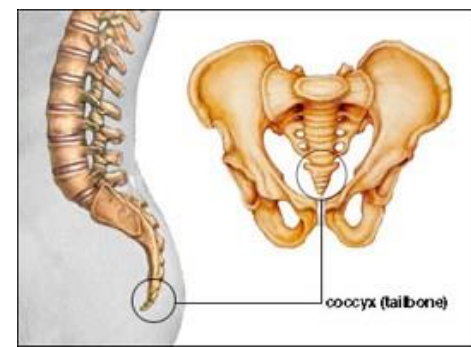
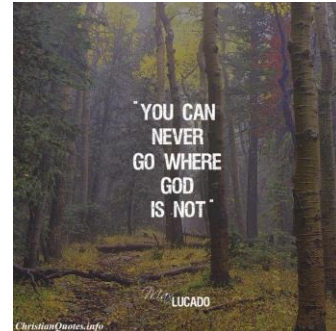
Looking back at my life, I can see many instances that I once deemed unfortunate or disastrous. I remember the first large earthquake that I experienced as a child in California. I felt terrible fear. But I also remember marching around the schoolyard arm-in-arm with several classmates, chanting "Who's afraid of the big bad earthquake!" I then felt the power of solidarity. It was powerful enough to help overcome the power of fear. Later in my life, I remember losing a girlfriend who dropped me for another. I felt like the world had ended. But I also remember, in my desolation and despair, that this experience had something to teach me. I found my inner strength, my Self-reliance. I found that life goes on, and so could I, and happily so. Swami says:

"When you can see God's hand at work in your life, you're lifted out of your pain and filled with gratitude. Yet the One Divine Reality was never absent. It's only your perception that was changed, which changes everything. That's yoga in a nutshell."

If you can alter your perspective in this way, to see that all is Divine, then you have nothing to lose, nothing to fear, nothing to struggle with. You have everything to be grateful for. You will have completed Swami's assignment successfully: you will have passed the test!

Read [this month's contemplation essay](#) for your Self.

What's All The Fuss About the Tailbone (Part 2)



In Part 1, the focus was on the structural significance of the tailbone. Why does Svaroopa® yoga begin with releasing the tailbone first and then follow with the rest of the spine, from bottom up? The tailbone is not just an inconsequential (“vestigial”) appendage, as it has often been considered. The alignment and release of the tailbone has consequences reaching far beyond the physical level of your being.

[Read more.](#)

Charity of the Month: Sharing Cupboard Food Pantry



you!

This month we continue to help ensure others have happier holidays. We dedicate December to the Sharing Cupboard Food Pantry again. Your donations will help the pantry provide supplemental food for the holiday season (such as turkey, stuffing, cranberry sauce) and gift cards for families in need (cards are for purchase of food only). You can also leave a check made out to Sharing Cupboard, or mail one yourself to the pantry at PO Box 371, West Brookfield MA 01585. Thank

Last month, we raised \$51 and a bag of groceries for the pantry!

Class Schedule and December Calendar

Wednesdays (Phil)

- Deeper at 11:30 am to 1:00 pm
- Intermediate at 6:30 to 8 pm
Beginners can be accommodated in these classes if room is available.

Thursdays (Kris)

- Intermediate at 6:30 to 8 pm [No class 12/5 and 12/12, as Kris is in India then!]

Birthdays This Month

And now a moment of silence in honor of all those whose birthdays will be ignored this month...



We wish the following a very happy birthday. **Note:** The number after each name is not the age; it's the day of the month! If your birthday is in this month and you are not listed, please let me know!

Jeanne Sullivan (17th)
Happy Birthday, Jeanne!

We Have Blankets for Sale, \$22 each

We still have a good number of blankets. Purchase them at the low rate of \$22 each and take them home with you for your home practice.



Wifi and Cell Phones

Some people are sensitive to WiFi radio frequency (RF) radiation and electromagnetic fields (EMFs). In fact, we might all be sensitive. For example, there is research that finds exposure to such pollution has harmful effects to brain function and sleep.

By the way, exposure to this radiation is much more severe in consequence for children. According to the American Academy of Pediatrics and Yale and Harvard doctors, children absorb this radiation deeper into their brains than do adults, and ten times deeper into the bone marrow of the skull. Europe is much more precautionary. Many countries forbid the use of WiFi in schools. U.S. regulations are outdated and do not protect our children.



As a precaution, we use a protective shield around our router, which significantly reduces the strength of the signals emitted (without disrupting service). In the evening, we turn off our router and cell phones. (Cell phones can also be switched to airplane mode.) This is one reason why we ask that cell phones be turned off when you come to classes. The other one is more obvious: imagine your cell phone ringing during shavasana! It's happened before.

Related articles and resources to check out:

- [The Growing Concern of Cell Phone Radiation & Your Safety](#)
- [10 Shocking Facts about the Health Dangers of Wi-Fi](#)
- [Cellular Phone Task Force \(Education – Advocacy – Support\)](#)
- [Parents for Safe Technology](#)

Upcoming Events and Special Announcements

- **Foundations of Svaroopaa® Yoga Training at Tranquility Wellness Center, January 9 – 13**

Tranquility Wellness will be hosting a Foundations of Svaroopaa® Yoga training January 9 – 13. This training gives you a deeper understanding of Svaroopaa® yoga and also gives you radical changes in your body. You also learn how to give those changes to others. Yes, you will be able to teach intro Svaroopaa® yoga classes. You could teach at Tranquility Wellness! We need more Svaroopaa® yoga teachers. For more information and to register, go to this [link](#).

- **Full Day Retreat with Kusuma Sachs at The Centered Place in Warren Saturday February 1**

Stop the world, just for a day. Give yourself a yoga-day; think of it as an adult time-out. You'll feel better than you can currently imagine. You find your center, your inner bliss. When you return to your family or friends, they appreciate it. They get some of it, too. Amazing how one day can bend your life in the direction you really want to go.

9:00 to 5:00 (two-hour lunch break)

Early-bird rate: \$141 (on or before Jan 25); Standard rate: \$161

Register and leave payment with us or register online at <https://svaroopaa.org/fdp-warren-200201>.

- **No Wednesday class:** December 25 & January 1
As for Thursday's class with Kris those weeks, contact Kris



Free Audio Recordings of Sadguru Nirmalananda Free audio recordings of Swami Nirmalananda discourses online. Listen from home or during your travels. Listen from your cell phone or PC. <https://svaroopaa.org/audio-recording>

Enlighten Up!



Where Does God Live?

At Sunday school, the teacher asks the children:
“Where does God live?”

Only one student raised his hand, Johnny, who exclaims: “I know where God lives!”

“And where is that?” the teacher asks.

“In the bathroom. Every time I sit in the bathroom, my Dad pounds on the door shouting: ‘My God! Are you still in there?!!!’”

More to Ponder

“Your inner experience of your own Self is so deeply fulfilling and profoundly nourishing that you lose all your neediness and fear.” ~ Swami Nirmalananda

“We may ignore, but we can nowhere evade the presence of God. The world is crowded with Him. He walks everywhere incognito.” C.S. Lewis

“You can never go where God is not.” ~ Max Lucado

“The cosmos is also within us,... We are a way for the cosmos, to know itself.” ~ Carl Sagan

“Life is this simple: we are living in a world that is absolutely transparent and the divine is shining through it all the time. This is not just a nice story or a fable, it is true.” ~ Thomas Merton

Giving thanks to you, for giving us the opportunity to teach and support you!



Phil

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