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# The Centered Place Newsletter February 2020



*Namaste*

Note: This week only, the Wednesday Evening 6:30 class will take place Tuesday evening at the same time, taught by Kris. I will be in Philadelphia. The Wednesday 11:30 class is not changing schedule. Marcia (Lilavati) Costello will sub for me.

Topics in this newsletter:

- [Contemplation of the Month](#)
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- [Upcoming Events](#)
  - [Next Meditation 101 3-week session](#) Feb 16, 23 & Mar 8, 1 to 3 pm
  - [Next Free Newcomers' Class](#) Saturday February 15, 2 to 4pm
  - [Next Monthly Discussion Group](#) Sunday February 23, 11 am to noon (this is not on the calendar)
  
- [Extras](#)
  - [Free online audio recordings of Sadguru Nirmalananda and her new book](#)
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## Namaste

This being February, the month of Valentine's Day, a large portion of this newsletter is dedicated to love. Love is so important. It's ironic that Valentine's Day is celebrated in the shortest month of the year, even with a Leap Day.

Actually, the whole newsletter is dedicated to love, even the announcements. We announce events and classes that can bring more love into your life. The yoga practices

bring more awareness of where that love comes from. Your source of true love is found within. It arises from within. Swami Nirmalananda says:

“When you know your own Self, you experience an inner depth and joy. You live in freedom and fearlessness which overflows into a beautiful generosity and love for all.” ~ Swami Nirmalananda

All our practices here are for the purpose of getting to know your Self, and therefore to experience an inner depth and joy. And as Swami’s words imply, when you know that depth and joy within you, you will naturally overflow with generosity and love.



Love is not found in another person or in a special place or on a special day. It’s found in your own heart. And just like the garden you might be tending in only a month or so, love thrives with plenty of prepping and maintenance. Maintaining a relationship, whether with your Self or your loved ones, requires the same attention, dedication and commitment that you give your garden – and deserves even more. Not on just a single day in February, but the whole year through. May you experience a bounty of love in your heart this and every month... And spread it around!

### Contemplation of the Month

Read [this month’s contemplation essay](#) to learn more about enlightenment and your Self. (Note: at the time of publishing this newsletter, the essay was not yet available online. Stay tuned!)

To be enlightened is to bring to light your own true nature, living and staying in that light, and letting that light shine from your heart. The world needs more light. Even the darkest cave can be illuminated by a single candle. Let’s all be the candles that bring on the light.



### Charity of the Month: Angels Answer, Inc.

Angels Answer Inc is an emergency food and relief agency for children, families, senior citizens, veterans, and pets. It serves **Central and Western Massachusetts**, as well as food insecurity needs in locations around the world. Its mission is to help feed and support those in need. Donations help feed and support people and pets suffering through difficult circumstances. Programs sponsored by Angels Answer, Inc. include:

- Angels & Backpacks Program
- The Angels Answer Mobile Food Pantry



- Angels Answer 2 Pets
- Veterans
- Emergency relief

You can donate by cash or check at The Centered Place. Our Donation Can is in the mud room as usual. Angels Answer, Inc. has a non-profit EIN # 45-348-2812 and a website at [www.angelsanswerinc.com](http://www.angelsanswerinc.com). You can also donate online directly to Angels using PayPal or charge card.

*"Thank you very much for creating your 'Angels & Backpacks' program in our school system. You have created such an amazing food program for our school kids in need. What a fine example your program is providing for our community. Thank you for your service." ~ Dr. Brett Kustigian, Quaboag Regional School District Superintendent, Testimonial*

**Last month**, we raised \$325 for the Ronald MacDonald House NY City. Thank you everyone. **You** are angels! Our personal [fundraising page](#) for RNH is still available if you would like to donate more.

### Class Schedule and February Calendar

Tuesday February 4, 6:30 pm (Kris)

Wednesday February 5, 11:30 am (Marcia subbing for Phil)

Thursday 6:30 pm (Kris)

**Week of February 10, back to normal schedule:**

Wednesday 11:30 (Phil)

Wednesday 6:30 (Phil)

Thursday 6:30 (Kris)

### Birthdays 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!

Holly Bickerstaffe (19), Lucy Ticknor (26),

*If you have a birthday in February and were omitted from this list, let us know. Thank you!*



### We Still 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.



### Upcoming Events and Special Announcements

- **Next Meditation 101 3-week session:** Sunday Feb 16, 23 & Mar 8 from 1 to 3 pm \$85 (\$75 for repeat)
- **Next Free Newcomers' Class** Saturday, February 15: 2 to 4 pm

- **Next Monthly Discussion Group** Sunday February 23, 11 am to noon (free)

We discuss the month's contemplation article. This gives you a chance to deepen and share your understanding of yoga's wisdom teachings and how they apply to your life.



**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://svaroopa.org/audio-recording>

Swami's new book *A Yogic Lifestyle* is now available on amazon or at the ashram's [online site](#).

## Enlighten Up!

### A child's wisdom about love:

"I think you're supposed to get shot with an arrow or something, but the rest of it isn't supposed to be so painful." (Harlen, 8)

"I'm not rushing into being in love - I'm finding fourth grade hard enough." (Regina, 10)

### An adult's wisdom (kind of):

"A guy knows he's in love when he loses interest in his car for a couple days." (Tim Allen, 66)

### The following two witticisms courtesy of Pastor Tim's Cybersalt Digest:

"God grant me the serenity to accept the people I cannot change,  
the courage to change the one I can,  
and the wisdom to know it's me."  
~ Rev. Tracey Dawson



### Marriage Tip

"Every time you talk to your [partner], your mind should remember that:

"This conversation will be recorded for training and quality purposes."

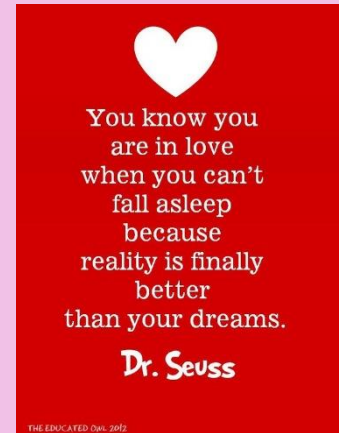




## Wisdom to Ponder

### On Love:

*“Take all that I say,  
And toss away  
Without a thought  
All that does not  
Strike within You  
A Recognition.  
For You do not learn  
Wisdom and Love  
You only encounter  
Catalysts to remember it.  
For it is all  
Within Yourself.”*  
~ Kahuna (Hawaii) prayer



*“When you know your own Self, you experience an inner depth and joy. You live in freedom and fearlessness which overflows into a beautiful generosity and love for all.”* ~ Swami Nirmalananda

*“Greet everyone you meet with a warm smile, no matter how busy you are.  
Don't rush encounters with coworkers, family and friends.  
Speak softly. Listen attentively.  
Act as if every conversation you have is the most important thing on your mind today.  
Look your children and your partner in the eyes when they talk to you.  
Stroke the cat, caress the dog.  
Lavish love on every living being you meet.  
See how different you feel at the end of the day.”*  
~ Sarah Ban Breathnach

*“When one has once fully entered the realm of love, the world - no matter how imperfect - becomes rich and beautiful, it consists solely of opportunities for love.”*  
~ Soren Kierkegaard

*“If you become a person who could love unconditionally, everybody would flower before your very eyes. And everywhere you look there would be Light. It would be breathtaking at every level.”*  
~ Ram Dass, 1931-2019

*“The most important thing in life is to learn how to give out love, and to let it come in.”*  
~Morrie Schwartz



"Human love desires, spiritual love serves."

~ Dietrich Bonhoeffer

It is not how much you do, but how much Love you put into the doing that matters... Better to pick up a pin with love rather than a mountain without it."

~Mother Teresa

"You are not here to love the world. You are here to be love in the world."

~Grace Johnston

"God realization is nothing but the ability and expansiveness of the heart to love everything equally."

~ Amma

"You will find as you look back upon your life that the moments when you have truly lived are the moments when you have done things in the spirit of love."

~ Henry Drummond

### The Uplifting Attitude of a Fallen Star

"I have self-doubt. I have insecurity. I have fear of failure. I have nights when I show up at the arena and I'm like, 'My back hurts, my feet hurt, my knees hurt. I don't have it. I just want to chill.' We all have self-doubt. You don't deny it, but you also don't capitulate to it. You embrace it..."

"Everything negative - pressure, challenges - is all an opportunity for me to rise."

~ Kobe Bryant, 1978-2020



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*Giving thanks to you, for giving us the opportunity to teach and support you! Love from us.*



"You don't have to wait until Valentine's Day to show someone how much they mean to you."

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**The Centered Place**  
**286 Bridge St Warren, MA 01083**  
**413 436 7374 [www.thecenteredplace.com](http://www.thecenteredplace.com)**

[Philmilgrom@comcast.net](mailto:Philmilgrom@comcast.net)

(413) 277-8765 (cell)

(413) 436-7374 (home)

Svaroopaa® Yoga at Tranquility Wellness, Inc

<https://tranquilitywellnessinc.com/svaroopaa>

235 Littleton Rd (Route 110), Westford MA 01886

(978) 692-2100