

Svaroopaa® Yoga
Tranquility Wellness
Newsletter
January 2020



Namaste

It's not just another year: it's a new year. Coming with the new year are many new opportunities. May this year give you all the best. May you experience great clarity and peace of mind. May love flow easily from your heart. May joy fill every one of your days. May you realize your full potential – who you really already are. May the radiance of your Divine Nature shine forth to bring light to all those you see. May you have **2020** vision to see how Divine and Beautiful you are, and to see the Divine and Beauty in all those you meet.



Topics in this newsletter:

- [Contemplation: You're On the Way](#)
- [Introducing New Swamis](#)
- [Swami Nirmalananda Has a New Book](#)
- [Charity of the Month: Ronald McDonald House](#)
- [Birthdays This Month](#)
- [Blankets Still on Sale](#)

- [Upcoming Events](#)
 - [Foundations of Svaroopaa® Yoga at Tranquility Wellness January 9 – 13](#)
 - [Free Meditation Satsang](#) with Swami Sahajananda (formerly known as Kusuma Sachs):
Friday January 31 at The Centered Place
 - [Full Day Retreat](#) with Swami Sahajananda: Saturday February 1

- [Extras](#)
 - [Free online audio recordings of Sadguru Nirmalananda](#)
 - [EnLighten up!](#)
 - [More to Ponder](#)

Contemplation of the Month: You're On the Way

This year, the focus of all contemplation articles is on enlightenment. Enlightenment is Self-Realization. It is knowing and living in the absolute, highest expression of all that you already are. In Swami's words, it is "a steady, continuing, reliable, expansive, blissful inner state which, if you allow, fills your heart, mind and life."*

In this month's article, Swami Nirmalananda reveals that you are already on the way to enlightenment, even if you are not planning on it or trying to get there. She writes:

Life is teaching you lessons even when you don't go looking for them. You're growing and learning, and you're outgrowing stuff that used to hold you back.

The bad news is that for most people the process of becoming enlightened happens very slowly. Swami says, "You can wait for the decades to pass in order to get to this point, by having life wear you down like dripping water melts stone."

The good news is you have another choice. You can take the express lane to enlightenment. You are in that lane right now if you are practicing yoga and meditation. Swami proclaims:



The point of yoga and meditation is to get the lessons without having to go through life's messy stuff. It's called insight, meaning inner-vision. When you learn how to look inward, you can see all the way to God...

Being in the express lane means you are heading in the right direction but does not necessarily mean you are moving rapidly in that direction. To move rapidly, you must practice whole heartedly. Also, you must not be held back by old habits or swayed by pipe dreams. One of the most beguiling pipe dreams is that worldly accomplishments will give you everything. Swami cautions:

As thrilling as worldly accomplishments can be, the delight wears off. The first study of wildly successful businessmen was done in the 1960's. The key question, buried in the many interview questions, was, "Having attained the heights of success ... are you happy?" The answer was clear: 100% of the subjects said no. Yogis are not surprised by this response.

Swami continues with this conclusion:

While your life's circumstances are important, and you must do your part to maintain or improve them, they will not give you lasting happiness. You can either take decades to figure this out or you can aspire higher. This is the lifetime in which you can get enlightened, should you so choose. Do more yoga. Meditate.

We are so fortunate to have this opportunity to become enlightened. We are so fortunate to have Svaroopa® yoga and meditation to help us see our way to enlightenment. We are so fortunate to have the guidance of Swami Nirmalananda and the other new swamis (as reported [below](#)) showing us the way and supporting us along the way.

Read [this month's contemplation essay](#) to learn more.

* From the year-long program "Enlightenment in the Midst of Life", presented by Swami in 2018.

Introducing New Swamis

The Svaroop Vidya ashram now has five new swamis. These devotees have given themselves completely to the goal of yoga and to helping others attain that goal.

Swami Sahajananda, formerly known as Karobi (Kusuma) Sachs, is coming to The Centered Place at the end of the month to give a [Free Meditation Satsang](#) and then a [full day yoga/meditation retreat the following day, February 1st](#).

Some of you have met Swami Shrutananda, formerly known as Cathy (Vidyadevi) Stillman. She gave a yoga workshop at Tranquility several years ago.

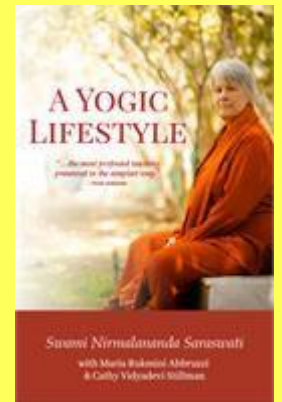


To avoid confusion, Swami Nirmalananda will now be addressed as Gurudevi Nirmalananda.

Gurudevi Nirmalananda Has a New Book

Swami's new book *A Yogic Lifestyle* is now available on amazon or at the ashram's [online site](#). It is co-written by two of the new Swamis. We will have extra copies to sell at our studio. The following is a description:

Swami Nirmalananda is a modern-day representative of the authentic, ancient yogic traditions. She translates the ancient truths of yoga into principles and practices for busy, present day lives. This book is a collection of teaching articles and lectures with practices that have been tested by thousands of Swami Nirmalananda's students over time. She guides you in applying the writings of the ancient sages to your modern life. You will learn how to improve the quality of your life by uplifting your state of mind. Step-by-step instructions lead to you opening your heart more fully as well as looking deeper within. Whether you are a beginner or have practiced yoga and/or meditation for years, this book gives you easy ways to make rapid progress.



So now you have another support tool to make rapid progress in the fast lane to enlightenment!

Charity of the Month: Ronald McDonald House Charities

Ellan (Shanti) Catacchio's grandson Brooks has been fighting cancer for over a year now. (Shanti is a friend and teacher at The Centered Place yoga studio). To get the best treatment possible, Brooks' family has resorted to Memorial Sloan Kettering in New York City (Brooks and family live in New Hampshire). Though the cancer treatments are painful and tiring – definitely not fun – the Ronald McDonald House (RMH) nearby the hospital provides an oasis for Brooks. Shanti shares the following:

The RMH is within walking distance of Memorial Sloan... Most of Brooks' treatments are administered on an outpatient basis and often are every other day for a number of days. Being able to return to the RMH to recover between treatments ... allows him to be treated at a world class hospital that specializes in his disease. The atmosphere at RMH is supportive to the entire family. The staff and volunteers make the time there as pleasant as possible and as kid-friendly as possible.

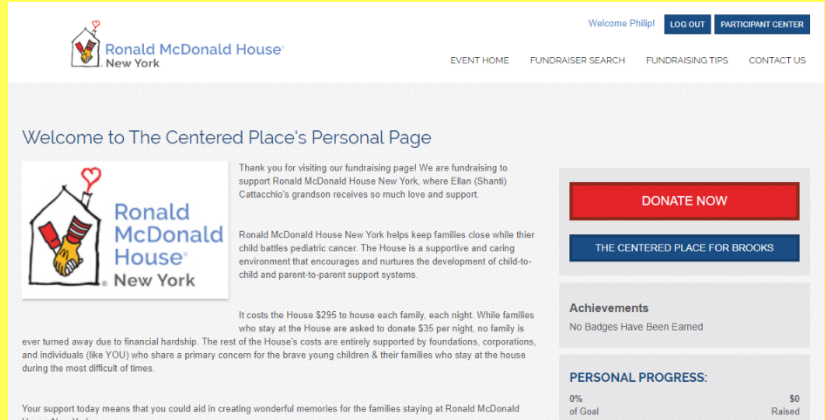


Shanti and Brooks' family are able to stay at the RMH. The RMH brings more fun into Brooks' life. It gives him something pleasant to look forward to and gives him a place where he can more easily recover from the stress of the treatments administered at the hospital. During holidays, the RMH staff throws a party for the children and their families. At Halloween, for example, the entire staff was in costume.

So we want to give back to the Ronald McDonald House this month! We have started an [online fundraiser](#) to support the Ronald McDonald House in NYC. Click on [this link](#) to go to The Center Place's personal fundraising page for RMH NYC (pictured on the right).

Alternatively, you can donate directly with me.

Last month, we raised \$470 for the Sharing Cupboard Food Pantry in West Brookfield.



The screenshot shows a fundraising page for Ronald McDonald House New York. The header includes the logo and navigation links: 'Welcome Philip!', 'LOG OUT', and 'PARTICIPANT CENTER'. Below the header, there are links for 'EVENT HOME', 'FUNDRAISER SEARCH', 'FUNDRAISING TIPS', and 'CONTACT US'. The main content area features a 'Welcome to The Centered Place's Personal Page' message, a 'DONATE NOW' button, and a 'PERSONAL PROGRESS' section showing '0% of Goal' raised towards '\$0'. A sidebar on the right lists 'Achievements' and 'No Badges Have Been Earned'.

Birthdays This Month

We wish the following a very happy birthday.

Gail Noonan (1st), Lynne Champion (9th), Patricia Harding (16th), Stephanie Bauer (24th), Phil Sullivan (27th), Faye Allen (28th), David Bennett (28th), Leli Sudler (31st)



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

- **Foundations of Svaroopaa® Yoga Training at Tranquility Wellness Center, January 9 –13 (There's room for you!)**
Tranquility Wellness is 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](#).
- **Free Meditation Satsang with Swami Sahajananda (formerly known as Kusuma Sachs) Friday January 31, 7 to 8:15 pm at The Centered Place Yoga Studio, Warren MA**
Those of you who came to last year's Free Yoga Pain Clinic or the retreat that followed the next day know how wonderful Kusuma Sachs was as a teacher. Kusuma has recently returned from India ordained as a Swami and with a new name. Friday evening she will lead the Meditation Satsang. Meditation instruction will be included for those who have not meditated before. Register with me (philmilgrom@comcast.net).
- **Full Day Retreat with Swami Sahajananda Saturday February 1, 9:00 to 5:00 (two-hour lunch break) at The Centered Place Yoga Studio, Warren MA**



Stop the world, just for a day. Give yourself a yoga-day; think of it as an adult time-out. You'll feel greater than you can currently imagine. See how one day can bend your life in the direction you really want to go.

Early rate is \$141 paid by January 25th. \$161 thereafter. Register and pay online at <https://svaroopa.org/fdp-warren-200201> or bring a check to register directly with us.

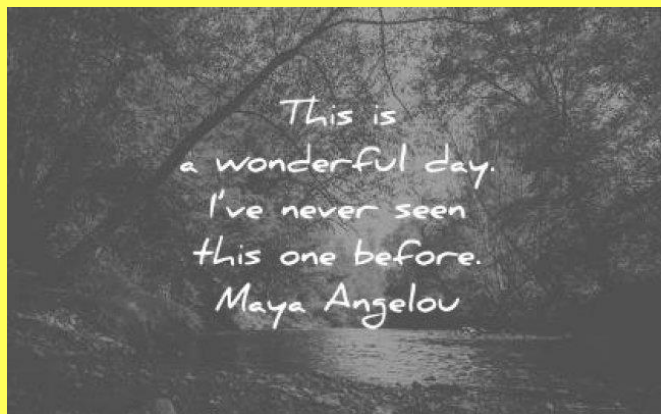
Free Audio Recordings of Sadguru Nirmalananda Free audio recordings of Swami Nirmalananda discourses online. Listen from home or during your travels. Listen from your cell phone or PC. <https://svaroopa.org/audio-recording>

Enlighten Up!



I'm so glad to be out! I was running out of womb.

More to Ponder



Approach the New Year with resolve to find the opportunities hidden in each new day. Michael Josephson

Time for another year to begin. ... As the new year begins, stay focused on your goals and let your attitude be happy, positive, and encouraging to others.

[Stay Focused Quotes](#)



Follow us on Facebook and Twitter

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



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