

International Yoga Festival Notes (March 2008)

International Yoga Festival – Notes

Uttarakhand – Simply Heaven

Theme of the festival is clean, green and serene.

Young girls interviewed older folks asking them what they wish they knew or did when they were younger and everyone said, “yoga.”

Aarti is like a divine happy hour...hour of prayer. Communion with the divine and giving thanks. Arati means the remover of pain but it doesn't dictate who the remover is.

The Ganga is not seen as a river but as the mother goddess. In the ganga water bacteria and viruses cannot grow.

The 98 year old yogi

David Frawley

Rishikesh is a sacred site, connect with the presence and power of Ma Ganga

Wisdom and bhakti in yoga

Ishwara pranidhana

Bhakti is devotion to the divine within us

Our sense of wholeness rests upon our inner experience and our true self is the Atman or Purusha beyond the body and mind

Vedanta is the knowledge side, yoga is practical

To really practice yoga you have to awaken jiva first

Being that is the subject

You are nothing and nobody and at the same time everything and everybody

Mind is the wick

Knowledge is the flame

Devotion is the oil

Cultivating the power of spirit

Yoga is about exploring who we are and what is the meaning of life

Love – Sankaracarya, Swami Vishwananda

Love has to be awakened

Kabir said that everybody talks of love but it is very difficult to understand love and once we understand love we become learned and wise. Love resides in everybody, love resides in everybody, love is an instinct we all have. Without love we cannot live. Love is always metaphysical, beyond physics. Physical attraction is lust. The moment one starts loving others as much as he loves himself he will know what love is.

Education is manifestation of perfection man already has in himà education according to Swami Vivekananda. Love has no expectations.

You can't change society without changing individuals

Technology has brought us “closer” but our hearts are not closer.

Mandukya Upanishad – yoga is fulfilled when we experience the Self we experience in deep sleep consciously in the waking state

David Frawley

Yoga is part of the great vedic tradition. Rediscover our universal nature

Human life is avidya, we don't know who we are. We live in the realm of becoming and action trying to become somebody. We project and external pleasure and looking for happiness outside ourselves is fundamental ignorance

Klesha is the sense of ego

Avidya afflicts geniuses, not knowledge of the mind but your essential nature.

Everlasting happiness, bliss and well being. Yoga is the union of the individual self with the higher self. The outer aspect of yoga is asana and pranayama. Deeper aspect of meditation.

Knowledge without practice cannot take you far and vice versa

Practice generates higher knowledge. Purifying the body and mind to have the right vehicle. Yoga is supreme rationality.

Truly great yoga is not measured by the flexibility of the mind but by the flexibility of one's awareness to go beyond body and mind.

It is easier to build strong children than repair broken men.

Swamu Dyananda. Vedanta provides whole understanding of atma/purusha and understanding of theism, mind, meditation, yoga, karma and rebirth

Sankaracarya

End of knowledge = Vedanta

Understand ultimate reality it is a science to know the ultimate truth which is not outside but inside

What we seek and want is the sat

Element is in chit also there, consciousness is awareness what we really seek is ananda bliss

Seeking ananda outside yourself is avidya

Law of diminishing utility and returns

If bliss was in the water you drink when you are thirsty then it should bring the same amount of happiness in each glass. If you think that water = happiness you are taking reflected happiness because happiness is IN you

Ignorance or avidya is when we seek it outside

To know the Self is Vedanta and the practical aspect is yoga

Vedanta allows us to understand our own nature and ananda is inside

You are all truth and knowledge and you are neither born nor do you die

The most used word in telephone conversations is "I" but have you thought of "I" mistaking the body for it is ignorance.

Who Am I – Ramana Maharshi

The name is not your introduction

Svaroop is your real nature

I am truth, I live truth, I am love, I live love, I am a giver, I live in giving.

Vedanta is a study to know your self/

Yam is discipline, without self discipline there is no knowledge

Let go and let god.

Empty yourself of thoughts

Focusing on an object when you meditate is the world and you are not meditating because you are still in the world so become thoughtless

Your primordial nature will pour into you, your real self.

Swami jyotir dyananda – yoga vasista which has everything about yoga and Vedanta and time travel etc.

On Love...Swami Vishwananda

Love depends on each person. Bakti is when the ego self and the cosmic self merge together and bliss reveals itself

The easiest way to let go of the mind is the continuous singing of god

When you attain love it has to grow and blossom and the easiest way to let love blossom is through chanting

Dancing with the lords name...power of the lord's mantra inside of you...you become the mantra